

Health, Leisure & Beauty See Pages 25-31

Man pleads guilty to manslaughter



Spring is in the air

DAFFODILS are blooming in and around Dorchester at this time of year. At the weekend volunteer collectors from the Dorchester and District Fundraising Group for Marie Curie were in South Street receiving donations for the annual Great Daffodil Appeal. Collectors will be out again at the Galton Garden Centre, Owermoigne on the last weekend in April. Volunteers are wanted by the organisation to help with their fund-raising activities. Please visit - www.mariecurie.org.uk or call 01884 703537. Pictured is Barbara Nelson with Armani and Jessica Buxton who was amongst the collectors taking part in the annual fund-raising event.

A MAN has today pleaded guilty to manslaughter following the death of Elliot Handley in Dorchester last year.

Simon Alexander Bennett, 44 and of Dorchester, admitted the charge of manslaughter on the grounds of diminished responsibility at a hearing held at Winchester Crown Court on Monday (March 21st).

The court heard that Elliot's body was discovered in Bennett's first floor flat in Compass House in The Grove at around 9.50pm on Tuesday, May 26th 2015.

An investigation was launched by Dorset Police's Major Crime Investigation Team (MCIT).

Bennett was arrested on Tuesday, May 26th 2015 on suspicion of Elliot's murder following the discovery of his body.

He was charged with Elliot's murder on September 6th 2015.

A post mortem examination revealed that Elliot died of multiple blunt force head injuries.

The scene was forensically examined over three days and a number of items were seized that are believed to have been used in the attack, including a claw hammer, a heavy metallic object and a bottle.

Simon Bennett is due to be sentenced at Winchester Crown Court on a date yet to be fixed.

Senior investigating officer Detective Inspector Neil Devoto, of Dorset Police's MCIT, said: "Our thoughts today are with Elliot's family who are being supported by family liaison officers.

"I hope today's plea brings some closure for them.

"They have asked for privacy at this difficult time."

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Weymouth Community Hospital	(01305) 251150
Portland Community Hospital	(01305) 820341

DOCTORS

Dorset Out of Hours GP Service	0845 600 10 13
Bridport Medical Centre	(01308) 421896
The Lyme Practice	(01297) 442195
Kent House Medical Practice	(01297) 443399
Elms Medical Centre	(01297) 561068

DENTISTS

Dorset Dental Helpline	(01202) 854443
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Bridport Co-op Pharmacy (call to check late opening hours)(01308) 422100	
Bridport Boots (call to check late opening hours)	(01308) 422475
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Charmouth Pharmacy	(01297) 560261
Beaminstor Chemist	(01308) 862288
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Dorchester Victoria Park Pharmacy	(01305) 264012
Portland Boots Pharmacy	(01305) 820409

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Budmouth Community Sports Centre	(01305) 830508
Thomas Hardy Leisure Centre	(01305) 266772
St Osmund's Sports Centre	(01305) 756472

LIBRARY SERVICE

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Portland Underhill Library	(01305) 820149

LOCAL COUNCILS

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Bridport Town Council	(01308) 456722
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TOURIST INFORMATION

Bridport TIC	(01308) 424901
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CITIZENS' ADVICE

Bridport CAB	(01308) 456594
Weymouth CAB	(01305) 782798
Dorchester CAB	0845 231400

SAMARITANS

Local helpline	(01305) 771777
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ALCOHOLICS ANONYMOUS 24 hour helpline

Answered locally in confidence	0845 7697555
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TAMSIN Chandler is behind the new Bridport Food Market, launching this Sunday at St Michael's Trading Estate.

She has worked in many industries including music, festivals and events, journalism and management before settling in West Dorset and focusing on local produce and producers.

● WHEN did you move to Dorset and why?

I MOVED down to Devon and then Dorset almost five years ago now, following an exhausting three year period working 9-10 hour days in London, on top of the dreaded daily peak hour commute and some other serious personal matters.

I was burned out and strung out from working and playing hard in big cities for many years. My mum's family hails from East Sussex and I started to remember how happy I had been, aged six and then 16, living in the English countryside.

I was a bit of a Twitter activist in London and one day I saw a tweet from Otter Farm in Devon advertising a job for a horticulturalist. Impulsively, despite having absolutely no experience with gardening or farming, I contacted them to see if I could apply. I received a kind and polite no!

That planted the seed, though – pardon the pun. Soon afterwards, I handed in my notice and put everything in storage.

Eventually, I volunteered at Trill Farm in Musbury for a few weeks and my time there had a profound effect on me. Everyone I met seemed to be telling me to move to Bridport and I thought, "why not?". I'm a strong advocate of "why not". I've been in Bridport ever since and I've come to love it.

● TELL us a bit about what you are currently working on?

BRIDPORT Food Market. It's a weekly food and farmers' market launching on Sunday, March 27th at St Michael's Trading Estate, operating every Sunday from 9am-3pm.

I've worked in the local food sector in many different ways since coming to Bridport – mainly helping out small food businesses wherever they needed some assistance.

This included manning stands at festivals and food shows, consulting on branding and marketing, building websites, networking and helping to promote them and increase sales. Also a lot of pep talks.

Founding Bridport Food Market is a dream come true for me, really. It pulls together so many of my interests, skills, friends and contacts.

I'm excited about what we can all create down at St Michael's. The great thing is Bridport Food Market coincides with the already popular Arts & Vintage Sunday once a month. It's going to be a great place to hang out on lazy Sundays.



● WHERE did you get the inspiration and idea for Bridport Food Market?

Due to my interest in – and connections within – the local food sector in the area, Communities Living Sustainably Dorset contracted me to set up FoodFuture Bridport and complete research into the sourcing

habits of local food businesses with a view to producing a report, a Local Food Map and corresponding supplier lists.

There seemed to be a consistent, but simple, disconnect in our local food system which was highlighted by my friend Ash Wheeler, the grower at Trill Farm and a representative of Landworkers' Alliance.

He said the biggest problem food growers and producers faced was getting their produce to the public. Conversely, I discovered, the public was keen to buy locally produced foods but didn't know where to find them.

I just put two and two together, spoke to lots of people, approached Hayward & Co (the landowners at St Michael's) and Daryl Chambers, the town surveyor. We all agreed it was a good idea and would be of great benefit to Bridport. So, almost eight months later, it's finally happening!

Markets, for me, are the best places to shop for food. The people who produce the foods are also selling them. They're passionate about what they do and they enjoy sharing their knowledge. The food is fresh and 'real' and, at a good market, reflects the culture of the surrounding area.

Markets are varied, vibrant and educational. They're also affordable. The foods grown in and around Bridport are plentiful and of amazing quality. You're buying veg that was grown up the road, picked that morning or the day before; you're buying meat from animals reared up the road and you know they've been reared ethically and sustainably; you're buying bread that was baked a few hours ago. You know the growers and farmers. You come to appreciate how hard they work and how lucky you are to have them.

At markets, you cut out the middleman and all the overhead costs – the money goes straight to the person who toiled to bring you the food. Add the pleasure of shopping at a great food market to the existing passion and support from producers and the community and I can't see why Bridport Food Market won't go from strength to strength.

■ For more information about Bridport Food Market, visit www.bridportfoodmarket.com

60 SECOND INTERVIEW

WOULD YOU LIKE TO TAKE PART IN THE 60 SECOND INTERVIEW?
Call Francesca Evans on 01297 446154 or email francesca@pemedi.co.uk or Lottie on 01297 446161 or email lottie@pemedi.co.uk

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Poundbury welcomes new post office

THE Duchy of Cornwall's Poundbury now has its own Post Office. Dorchester Mayor and Mayoress Robin and Val Potter took a pair of giant scissors to open the new business at Buttermarket.

For Poundbury residents it will mean no longer having to travel a mile to the nearest post office, at Victoria Park, or further afield to the one in the town centre.

Rebranded as Buttermarket Stores the shop and Post Office counter service is being run by Sahil and Adriana Dalvi. Their opening hours are Monday to Saturday 7.30am – 6.30pm and Sundays from 10am to 4pm.

Said Mr Dalvi said: "We're really

By Trevor Bevins

pleased people are supporting us and what we are doing. More and more people are supporting us."

Cllr Robin Potter said that it was good to see a Post Office in Poundbury, further proof of the growth of the community.

Sheila Tapster, from the Post Office, said that the location and the owners were an obvious choice: "Here there was a definite gap. They are a very successful couple with good retail experience, it's also a good location."

"I think everyone wins with this post office."



■ ADRIANA Dalvi with Mayoress Val Potter and Mayor Robin Potter and husband Sahil

Charity awarded £5,100 grant

THE Dorchester-based charity, Cavernoma Alliance UK (CAUK) has been awarded a £5,100 grant from the Morrisons Foundation to fund the setting up of four regional volunteer self-help groups.

The donation was handed over to Ian Stuart, Founder and Coordinator of the charity by Chrissy Pridice, Community Champion, at the Morrisons Store in Weymouth.

The money from the Foundation comes mainly from the sale of the carrier bags.

A cavernoma is an abnormal swelling of blood vessels in the brain or spinal cord which can leak blood. The condition can cause dizziness, numbness of the face and limbs, slurred speech and may cause permanent neurological damage.

The charity, which was set up in Dorchester in 2005, is the only organisation in the country to provide a dedicated advice and support to those with the condition.

Horse Course wins £48,000 in public vote

A DORCHESTER charity has been awarded a share of £3million, winning nearly £50,000 following a public vote.

The Horse Course is the only charity in Dorset to win The People's Project vote and gain £48,500 of National Lottery money.

The Big Lottery Fund teamed up with ITV and The National Lottery to give the UK public the chance to decide how £3million of funding could make a difference in their local area.

Across the UK, 95 projects were short-listed and competed for National Lottery funding to develop their work to improve the lives of people in their communities.

Harriet Laurie, founder of The Horse Course, said: "We are absolutely thrilled to win The People's lottery."

"It has been such a team effort with all the schools we work with getting behind the voting, plus loads of support from social workers, youth workers and our partners at EDP Drug and Alcohol Services and at Waves Domestic Violence Project and others from further afield."



■ THE Horse Course charity based in Dorchester has won nearly £50,000 in The People's Project

"The messages of goodwill have been as important as the funding – we really know how much our community value our work and that is incredibly encouraging."

"This is a great springboard for us to build up our services and help even more of the people in Dorset with serious problems if they find that talking about their difficulties isn't helping. Talk-based services are

great, but not everyone can work in that way."

"Another bonus is it will help us to support others around the UK who want to replicate our success, setting up centres of their own."

The Help from a Horse project by The Horse Course will use the funding to expand their project supporting adults and young people struggling with drug and alcohol addiction.

They will work with

specially trained horses and learn new self-control skills, like staying calm and focused, to gain their trust.

This will help people unable to progress through talk-based treatment find the self-belief to start their journey to recovery.

A club will also be set up for people to help out with feeding and grooming in return for horsemanship lessons.

Sickness bug closes hospital ward

A SICKNESS bug has forced the closure of a ward at Dorset County Hospital.

Visitors were asked to keep away to help contain the spread of the bug which affected two patients on the Ridgeway Orthopaedic Ward from Thursday, March 17th.

Both were suffering from gastroenteritis, a vomiting and diarrhoea illness.

The ward was still closed on Tuesday with the hospital confident that it would be open by the end of this week.

Visitors have not been allowed on the ward to minimise the spread of infection inside and outside the hospital.

Sickness bugs are widespread in the community at the moment which led to the hospital asking anyone with symptoms to stay away.

Chief Operating Officer and In-

terim Director of Nursing and Quality Julie Pearce said: "We would ask anyone with symptoms of vomiting or diarrhoea to stay away from the hospital until they have been symptom free for at least 48 hours."

"Visitors with symptoms should not visit friends or relatives on wards or accompany them to outpatient appointments. As an extra precaution we are not allowing any visitors onto Ridgeway Ward at the moment and we are keeping in touch with family members."

"Any patients with symptoms due to come in for an appointment should call the number on their letter to inform the appointments team and rearrange their appointment."

"Hand hygiene is extremely important and we are asking anyone coming into the hospital to thoroughly wash their hands at the hand hygiene stations before entering wards and departments."

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CHLOE NUNN
Happy 8th Birthday
on Monday 28th March
Have a great day, lots of love
from Mum and Dad xx


KATRINA WILD
Happy Birthday
have a Great day.
Lilli, Sonny and Beau





MARGARET COOK
Happy 75th Birthday Mom
Lots of Love, Val & Phil xx



Happy 21st Birthday
BETH POTTER
on Monday 28th March
Lots of love Mum,
Dad and Owen



Always in our Hearts Hayley
but even more so at this time of year,
Love you always,
Mum, Dad and Luke



FREE FAMILY ANNOUNCEMENT FORM

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PLEASE NOTE: We cannot accept announcements without a signature, address and telephone no.

All announcements must be in by 12 noon on Friday for the following weeks publication.

Extra summer train service a 'great idea'

By Trevor Bevins

EXTRA tourists could be making their way to Dorchester and Weymouth from May after plans were revealed to run trains through North Dorset and Salisbury in a new direct route.

South West Trains say it wants to make better use of the two Yeovil stations, one of which is on the Weymouth-Bristol line, with the other on the Waterloo-Exeter line.

Subject to agreement from the regulator new direct services on summer Saturdays could run to Weymouth and Dorchester from Sherborne, Gillingham and Salisbury.

could start this May subject to consultation and regulatory approval.

Under the proposed changes South West Trains will also serve Maiden Newton, Thornford, Yetminster and Chetnole on summer Saturdays.

Richard Drax, MP for South Dorset, welcomed the proposals by South West Trains.

The "seaside specials" could run from May 21st to September 3rd. It is envisaged that they would arrive in Wey-

mouth at approximately 11.15 and leave again around 5pm, giving visitors and families time at the beach.

"This is a great idea," said Mr Drax. "Weymouth is a wonderful destination for day trippers and those who want to stay longer. We

have clear waters, golden beaches and some great shops and restaurants. This will boost our tourism and local businesses and once these visitors see what Weymouth has to offer, I'm sure they'll be back."

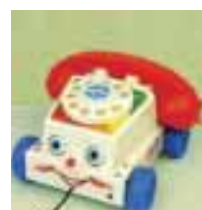
"We have long cam-

paigned for better rail connectivity for Weymouth. It is at the end of the Waterloo line and only two trains an hour arrive from London after a three-hour journey. Opening up routes to North Dorset and East Devon and beyond will serve us well now and with any luck, might show a way forward for the future."



■ WEST Dorset District Council have been flying the flag for the Commonwealth at a special event to mark World Commonwealth Day.

The district council joined other councils from across Dorset, as well as communities across 38 Commonwealth countries, to raise the flag. WDDC Chairman, Councillor Peter Shorland, hosted the ceremony at South Walks House.



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We look forward to seeing you there!

CRIME news in brief ...

SOMETIME between Sunday, March 13th and Tuesday, March 15th a large number of bags of compost were stolen from a nursery in the Woodsford/Crossways area.

Several were located dumped in a field not far from where they were stolen.

If you saw or heard anything suspicious that is likely to be linked to this contact Dorset Police on 101.

ON Tuesday 15th March 2016 between 9am and 12noon a pink mountain bike was stolen in South Street, Dorchester.

If you have any information relating to this incident contact Dorset Police on 101.

OVERNIGHT on Thursday, March 10th a petrol log splitter and a 6x4 galvanised trailer were stolen from a wooded area off A35 Puddletown Bypass.

If anyone saw anyone in the area acting suspiciously or has been offered such items for sale then call 101.

DORSET Police have received complaints of cars obstructing the fire station in Maiden Newton.

The Station Commander of Maiden Newton Fire station reported that on several occasions vehicles have been parked in Bull Lane obstructing their access when off to an emergency.

Police have said that, while there may not be yellow lines at the fire station, driver's should be mindful of where they park and who they may obstruct.

Land's End to London challenge

DORCHESTER shoppers showed their support for two young men who will cycle from Land's End to the London Eye over the Easter weekend.

The pair, Max Turney (18) and Tom Corner (19), will be taking it turns to ride and hope to finish their marathon in four days, setting out on Good Friday from Cornwall.

Their efforts will raise money for Meningitis Research with the hope of collecting at least £5,000.

"We're up to about £2,000 so far, so we've still got some way to go," said Tom who chose the charity because it was the focus of his Warwick University Rag Week.

"It's a problem which seems to affect a lot of students and young people, so it was close to home."

While the pair were collecting in Dorchester's South Street on Saturday several people stopped to make a donation and also to tell them stories of the effects meningitis has had on their own families.

"It seems to be something which many people have been affected by," said Max who was talked into taking up the challenge by his friend, Tom.

"It seemed like a good idea at the time. I might think differently after a couple of days," he said.

Donations and more information can be found online at www.facebook.com/cycle-forMRF/



MAX Turney (on bike) and Tom Corner raising money for Meningitis Research in Dorchester on Saturday. This Friday they set out on their Land's End to London Eye bike ride

Champagne bottles needed

WITH only two weeks to go until the spring production of "Ladies Day", Dorchester Drama is in trouble.

The group is lacking vital props – Champagne bottles.

Back in August 2015, the Telegraph reported that sales of Prosecco had overtaken sales of Champagne in the UK, which means the dram group are struggling to find the important prop for their play.

"We aren't asking for full bottles; though we wouldn't turn them away. What we are in dire need of is four empty champagne bottles for our drunken lasses to brandish as they sing along to Tony Christie. If you have any, can you let Maggie at our box office know, we will be forever in your debt," said Fran Sansom from the group.

"Ladies Day" by Amanda Whittington is to be performed at the Sunninghill Community Hall, Culliford Road North, Dorchester at 7.30pm on Thursday, April 7th, Friday 8th and Saturday 9th. Tickets are available from Trinity Stores, Dorchester, or from Maggie on 01305 265758.

Section of gardens to close

A SECTION of Dorchester's Borough Gardens will be closed to the public after Easter while a borehole is drilled.

Contractors will be working on the site for up to three weeks, allowing Dorchester Town Council to have its own water supply for the gardens and greenhouses, saving money in the long-term.

New information board

THE information board at the Elisabeth Frink statues to the Catholic Martyrs in Dorchester's Walks is to be replaced.

Town councillors have heard that the metal sign is now so badly worn that it is almost impossible to read.

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Day 2: Thursday 31st March at 10.30
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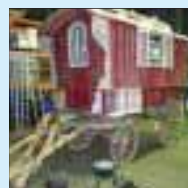
Woodworking equip.: spindle moulders, planers both surface & thicknessers, dust extraction, saw-benches, panel saws, routers, compressors, pillar drills, paslode guns, chop saws, lots of power tools.

Garage equip. U-200 Tyre changer & U-820 Wheel balancer, Snap On Tool Chest & tools. Still R70-30 3 ton Diesel forklift..

Plant: Komatsu PW30 Wheeled digger '92. Tow-a-van box trailer. Ifor Williams Double Horse box, 3.5t Trailer, Tractor 6' rotavator & 6' topper, 2 Club Car Villager 8 seater golf type buggies (petrol auto). Renault Megane Scenic 2.0 16v '02 75'sk.

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On View: Monday Bank Holiday 9-1, Tuesday 9-7 pm
www.mstauctioneers.co.uk **01404 891833**



Councils meet to consider 'new

MEMBERS from across the three councils have met in Dorchester to discuss the future of local government, as agreed within the councils' annual budget process.

Higher than expected government funding cuts have led to senior council officers and councillors exploring further ways to provide transformed and sustainable services. A stable budget has been created for 2016/17, but the budget position for each council in the subsequent three years remains "challenging".

Sixty-one councillors attended the session facilitated by Dorset Councils Partnership at South

THERE'S been talk for years that Dorset would end up being controlled by one unitary authority. With local councils under increasing pressure to maintain the level of services due to a reduction in Government funding, serious discussions have taken place among the Dorset coun-

cils. In the biggest shake-up since local government was reorganised in 1974, a new approach to running Dorset is now very much on the cards with the opportunity for the public to have their say this summer before the preferred option is submitted to Whitehall.

Walks House, the home of West Dorset District Council, on March 12th and discussed options for the most cost-effective public service model for Dorset and its communities.

Councillors informally indicated their support to change to a model of two unitary councils, however, this was not a binding vote.

Their preferences included:

- One unitary council for the current county council area and one for Bournemouth and Poole.

- Or one unitary council for the area East Dorset, North Dorset, Purbeck, West Dorset and Weymouth and Portland, and one for Bournemouth, Poole and Christchurch

Members rejected the options for a single pan-Dorset unitary authority for Bournemouth, Dorset and Poole, and of making no change to the current structure, echoing the opinions of colleagues at Dorset County Council.

“ Council services are already stretched and will become increasingly so over the next few years. By holding these discussions, we can explore all options to maximize efficiency and effectiveness in delivering services while meeting current and future financial challenges

In a joint statement, Cllr Deborah Croney, Leader of North Dorset District Council, Cllr Anthony Alford, Leader of West Dorset District Council, and

Cllr Ian Bruce, Chairman of Management Committee at Weymouth & Portland Borough Council, agreed that a new approach must be found:

“It is right that we work closer together and explore opportunities to reduce costs and transform services.

“While the budget is balanced for 2016/17, funding forecasts for the subsequent three years means we have to prepare for even greater change in the future. We agree that a step change is needed in the way we work to deliver the best possible results for local people.

“Our councils have already joined up staffing and services, and made significant savings. We are now looking at a number of possibilities to streamline services, make further savings and increase income, in our pursuit to reduce costs by £11 million by 2020.

“Council services are already stretched and will



■ WEST Dorset District Council leader Anthony Alford: “The coming months and years will be challenging.”

become increasingly so over the next few years. By holding these discussions, we can explore all options to maximize efficiency and effectiveness in delivering services, while meeting current and future financial challenges.

“The coming months and years will be challenging, but we will be consulting with local people to make sure everyone has a chance to be involved. We have a shared responsibility to make savings and deliver efficient services.”

All councils across Dorset have pledged to work together to agree on their preferred option before the business case is submitted to the Secretary of State at the beginning of next year. Local people will get the chance to have their say in a public consultation – likely to be held during the summer.

‘Brave and innovative’ approach to services

■ The Dorset Councils Partnership is the UK's first partnership to bring staffing and services from across three councils together, which has been recognised as 'leading edge' by the Local Government Association and praised for its 'brave and innovative' approach to transforming services for customers and communities. The Dorset Councils Partnership sees a single workforce serve all three councils. Each council remains independent and equal, with its own councillors who make local decisions about services. Each council sets its own budget, council tax and maintains its separate identity, brand and sovereignty.

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approach to running Dorset'

THE move towards a unitary authority system in Dorset is being led by the county council which has already decided which way they want to go.

As reported in last week's *View from*, Dorset County Council have debated six options for reducing the number of authorities in the county.

A clear majority of councillors voted to change to a model of two unitary councils, made up of either one unitary council for the current county council area and one for Bournemouth and Poole, or one for the area of East Dorset, North Dorset, Purbeck, West Dorset, Weymouth and Portland and one for Bournemouth, Poole and Christchurch.

CLlr Robert Gould, former leader of West Dorset District Council and now leader of Dorset County Council, is leading the call for change.

He said: "We had a thorough debate in which nearly all county councillors had their say."

"It was encouraging to see agreement that we need to change and do things better for the people of Dorset."

"We now have a clear consensus around having one new council serving the whole 'shire' Dorset area, with an enhanced role for town and parish councils to deliver local services and strengthen their identity."

A new unitary system will see the demise of other local councils, including West Dorset District and Weymouth and Portland Borough, as early as 2019. The move could also see greater responsibilities being devolved to town and parish councils.

"This would simplify the structure of local government for residents, save money and help our case for a really ambitious devolution deal for Dorset."

"We will continue to work with the other Dorset councils to develop a solution for the whole county."

Great opportunity

"A key part of this will be consulting with local people to make sure everyone has a chance to be involved."

"This is a great opportunity for the whole of Dorset to create something that supports the future needs and ambitions of the county."

The vote is not a binding decision for the council. The council voted unanimously to do more work on the preferred options and a report will be brought to its meeting with a view to developing a full business case.

Before the council makes any decisions, it will give local people the chance to have their say in a public consultation, which is likely to be held in the summer.

As the move towards a unitary system gathers pace, there is a growing acceptance that time is up for the county's other main councils – West Dorset District, Weymouth and Portland Borough, Purbeck District, East Dorset District, North Dorset District and Christchurch Borough.

Weymouth and Portland Labour leader and eco-

economic spokesman Councillor Mike Byatt said that the current financial crisis facing local councils meant changes would have to be made which would mark the end of the borough council in Weymouth and Portland.

He added: "Radical changes to local government in Dorset will mean the borough council will become part of a bigger council."

"By 2019 we could be in a new council for Dorset, so councillors will have to make proposals and get government backing by early 2017."

Reaction from leading councillors



REBECCA KNOX, Beaminster County councillor: "Hearing and engaging with residents is now a priority as there is a great deal to do in a short amount of time and everyone's input is needed. This is an opportunity to grasp to improve delivery of public services to all areas of the county."



ROS KAYES, Bridport County councillor: "Reorganisation is well overdue in Dorset. It makes no sense having one council doing planning and housing and another doing roads, schools and care for the elderly. Add to that double the amount of councillors needed and councillors' allowances being paid."



DARYL TURNER, Lyme Regis County councillor: "I want to see us pushing ahead on our terms as soon as possible with the financial climate dedicating this approach. I hope we can work towards what is best for the communities of Dorset, even if a reduction of councillors is part of that result."



GEORGE SYMONDS, Lyme Regis District councillor: "It's one of those things that may happen, there's a great deal of talk about it. Do the general public worry about who provides their services? Probably not. Will it save money? Will it make things better? I'm sure we will here lots more on this."



CHRIS TURNER, Chairman of Beaminster Town Council: "It could mean that towns have a greater degree of authority over services that we provide. There will have to be consultations and that will take a chunk out of the time frame available and if they want to start the process in February, they will need to present a case in January next year."



SARAH WILLIAMS, Leader of Bridport Town Council: "The experience from other counties where unitary councils have been established – Wiltshire and Cornwall, for example – is that local parish and town councils could have to consider taking on more services. It is important that the views of the local communities are fully considered."



OWEN LOVELL, Mayor of Lyme Regis: "This should have happened 15 years ago. As far as I understand, a unitary authority will result in a lot of things they took away during the local government reorganisation in the 1970s being returned to the town, such as the car parks and toilets. In Lyme Regis we want control of our own destiny, we don't want it in Dorchester."

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Berth extension will give economy a boost

PORTLAND Port is to press ahead with plans for the extension of the port's primary cruise berth, with works scheduled to start this spring.

Portland is one of just three ports on the south coast of the UK that can already handle vessels up to 300m long at a quayside berth.

The new facility, which will be finished in time for the 2017 season will further strengthen the ports position by

By Trevor Bevins

increasing this capability to berth vessels in excess of 340m.

Ian McQuade, General Manager – Commercial, at Portland Port said: "We are lucky to have minimum water depths of 9.6m on our main cruise berth, now with the berth extension we will be able handle ships in excess of

340m, putting us in a very unique group of ports along the English Channel. When we add this to our proximity to the UNESCO World Heritage sites of Stonehenge, Bath and the Jurassic Coast, along with easy access to the many attractions of the beautiful English countryside, we feel we will be very well positioned to continue to serve an ever increasing range of cruise line customers."

Weymouth & Portland Chamber of Commerce is pleased that the board of Portland Port, a Chamber member, has approved the extension of berthing facilities.

Michelle Hind, President of the Chamber, said: "This is fantastic news for the local economy, bringing new opportunities for employment and training."

"Portland Port is one of the area's success stories, growing its cruise ship business year on year to bring thousands of people into the local area."

"Many of the visitors take the opportunity to explore Weymouth and Portland or travel further afield, bringing commercial benefits to a wide variety of businesses."

"It's great to see Portland taking advantage of its position near to main cruise routes and becoming a favourite destination in its own right."

The work will mean a drop in passenger numbers for the port this year, although the port is to host two flagships from key players in the cruise industry visiting the port for the first during 2016.

The 'Koningsdam' and 'Mein Schiff 5' from

Holland America Lines and the TUI Group respectively are both just shy of 300m long and together are expected to bring approximately 5,000 passengers into Portland during the season.

2016 will also see the Saga Sapphire visiting the port for the first time, with regular customers Holland America, Costa and Phoenix Reisen returning to Portland for another year.

"Cruise visits are down across a number of UK ports in for a variety of reasons. That said, 2017 is shaping up to be a good year with passenger numbers back to, and indeed, exceeding previous levels. We are continuing to work very hard at securing a promising future for Portland as a cruise destination."

said Mr McQuade. "The cruise berth extension and the forthcoming arrival of cruise line flagships in 2016 is a good indicator for the future of Portland Port and its cruise programme. As the cruise ships sailing the world continue to grow in size the new cruise berth will allow Portland to accommodate some of the biggest cruise ships in operation."

Volunteers tackle litter bugs



VOLUNTEER Paul Boothman with some of the litter he collected in Chickerell during a spring clean

VOLUNTEERS litter pickers at Chickerell collected 12 bags of discarded rubbish between them – more than in previous years.

The team of five volunteers carried out the annual spring clean throughout the parish, including play areas and by the roadsides.

"We carry out regular litter picks, so Chickerell is probably better than many areas locally, but there has been a lot of litter in the ditches and hedges this year, blown by the wind," said Community Litter Team chairman Brian Bean.

"We are also finding a lot of litter, in the way of packing, coming from local businesses when they have deliveries, so we are asking them to be a bit more careful."

Amongst the volunteers was local resident Paul Boothman who collected a couple of bags of rubbish from the sports field off Putton Lane.

"I'm just a local resident who doesn't like litter. I will often pick it up if I see it...it's a shame more people don't do the same, or better still, not chuck it down in the first place," he said.

Nominate community groups for Rotary award

PORTLAND Rotarians are inviting applications for their community awards.

The community group is looking for nominations to reward those who "go the extra mile" to help others.

Nominations can be sent to Rotarian Pat Shepherd, c/o Hull Gregson & Hull, 12, Easton Street, Portland or by

e-mail to pkshep99@aol.com.

They must be received by May 16th.

At one of the club's recent meetings, at the Aqua Hotel, members heard from a Rotarian doctor talking about his trip to Ethiopia where he looked at two, linked, projects being sponsored by The

Rotary Foundation.

These involved the problems of maternal and child mortality and the complications that can ensue.

Portland Rotary's next Table Top Sale will be held at the Community 200 Hall on Saturday, April 16th which will beneficiary will be the Drop-in Centre.

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Beacon lighting to mark Queen's 90th birthday

DORCHESTER'S beacon in Salisbury Field will be lit to mark the Queen's 90th birthday in April.

Other plans for the town include music, a street party and a display of memorabilia.

The Dorchester Area Schools Partnership say their orchestra and brass band may be available to perform at the lighting of the beacon event to be held on Thursday, April 21st.

A large screen has been booked for the picnic style street party in the Borough Gardens on June 12th and coverage from the Patron's Lunch, held on the Mall in London, will be broadcasted throughout the day.

Dorchester charities that the Queen is patron of, are being contacted and invited to the event.

A local band has been provisionally booked for the early evening with another group to be booked to perform in the afternoon.

Former town councillor and three-times Mayor of Dorchester, Leslie Phillips has arranged for his collection of commemorative china to be displayed in the Borough Gardens House.

Dorchester BID will be putting up the flags of the Commonwealth across the town as part of their annual competition to coincide with the birthday celebrations.

Monumental fundraiser

VOLUNTEERS are being asked to sign up for the chance to abseil from one of Dorset's famous monuments.

Diverse Abilities, Dorset's disability charity, want fundraisers to abseil down Hardy's Monument, near Dorchester, on Sunday, June 5th.

The monument, managed by the National Trust, can clearly be seen from the county town and much of Weymouth and Portland, standing on the hill above Portesham, where the Admiral, after it was named, was born.

The 72ft tower was built in 1844 in memory of Vice-Admiral Sir Thomas Masterman Hardy, Flag Captain of HMS Victory at the Battle of Trafalgar.

Sharon Wells, events fundraiser at Diverse Abilities, said: "You will get a huge buzz from the excitement of your descent and the achievement of completing the challenge, knowing that you are helping Diverse Abilities provide

invaluable support to children and adults with disabilities, and their families."

To take part participants must be aged eight years or older. All participants under 18 must be accompanied by an adult.

The entry fee is £10 person and minimum sponsorship is £100 per person - or sign up as a team of four for a special price of £30 per team, saving £10.

For more information, phone Sharon Wells on 01202 718266.

Getting down and dirty for charity

NOT afraid to get down and dirty, a herd of Ford Farmers took the opportunity on a rainy, muddy day in Dorset, to get in training for Pretty Muddy - an event designed to raise funds for Cancer Research UK.

Race for Life Pretty Muddy is a challenging course which involves crawling through under and over various obstacles.

A team of employees from Ford Farm, the Litton Cheney based, Dorset cheesemaker, have signed up to the challenge which takes place in Southampton on July 1st.

The participants, who will be dressed as cows throughout the entire challenge, comprise Team Leader, Sian Whitlock, Fiona Goldsmith, Amy Read, Claire Churchill, Nicola Phillips and Wendy Davies.

"Getting in training for the event now is critical and the first step is to learn to embrace mud, mud glorious mud," said Sian.

Fiona is quite used to getting down and dirty in fields, having played in second row of the Dorchester, Weymouth & Portland Ladies Rugby Club for the past five years. She was the first out in the field on the day of training, tackling the rest of the team to the

ground in the largest muddy puddle she could find.

This is the second time the Ford Farmers have taken part in fundraising for Cancer Research UK. Two years, ago, the team took part in Race for Life and raised over £1,000 for the charity.

To support the Ford Farmers visit their Just Giving page at <https://www.justgiving.com/fordfarm>



■ GETTING muddy in training for the charity challenge in July

NEWS in brief . . .

■ A FREE lunchtime concert in the Dorset County Museum at the end of the month will conclude the 175th anniversary celebrations for the hospital.

The March 31st performance, with Tim Laycock and The Ridgeway Singers, will present original music based on the oral histories collected as part of the '175 Years of Oral Healthcare' project. It will start at 1pm and expected to last about an hour.

Following the concert, attendees will also be invited to walk The Treves Trail - a new walking geocaching route accessible to all ages and abilities which traces the footsteps of 19th century surgeon Sir Frederick Treves who became famous for his care of the 'Elephant Man'.

Admission to the concert is free and there is no need to book.

■ AN event to showcase emerging musicians is being held in Dorchester at the end of the month.

The event, DA Jams, is organised by Dorchester Arts and will be held in the Corn Exchange on March 31st from 7pm.

"New to the scene" musicians will be offered a chance to try out their material in front of an audience and have a jam session with others.

For more information contact Dorchester Arts at the Corn Exchange or email - involve@dorchester-arts.org.uk

■ A SERIES of fund-raising events are being held in Stratton in aid of the village Adventure Playground Fund.

The next takes place on Saturday, April 2nd at 2pm with an Easter Cake Sale at St Mary's Church when tea and coffee will also be available. All donations and help on the day gratefully received. Please contact Hannah on 07766 834 952.

In May the village is running a bingo night for all ages in the village hall, a fun run is planned for June and in August there will be a car wash.

If you have a story or photograph email trevorbevins@gmail.com

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Easter services at St Paul's

A NUMBER of events will be taking place at St Paul's Church, Abbotsbury Road, Weymouth, to celebrate Easter.

A Blessing of Palms and Procession took place on Palm Sunday (March 20th) which was followed by a Eucharist service in church.

Celebrations will continue on Maundy Thursday (tomorrow, March 24th) at 7.30pm with Mass of the Lord's Supper and on Good Friday (March 25th) at there will be children's activities and hot cross buns at 10.30am, followed by a service at 2pm.

There will be an Easter bonfire, vigil and First Mass of Easter on Easter Sunday (March 27th) at 7am, followed by the Parish Eucharist at 10.30am.

Paul Daniels tributes

TRIBUTES have been paid locally to magician Paul Daniels who died last week from a brain tumour.

Gary Hepburn of Weymouth based charity Life Education Wessex, of which Paul was a supporter, said: "Very sad to hear the magician Paul Daniels has died ... We are all saddened to hear the news and send our condolences and thoughts to Debbie and the family."

Meanwhile, Weymouth based BBC staffer Laurence Herdman recalled: "RIP Paul Daniels - bizarrely he used to visit Bindells Close in Chickerell where his son Martin lived for a short period in the Nineties - quite inconspicuously in a big gleaming Rolls Royce with personalised plate M4G1C."

Street fayre set for June

THIS year's Sutton Poyntz street fayre will be held on Sunday, June 26th.

The biennial fayre has been held since 1994 and, over the years, has raised more than £100,000 for local charities.

Events include live music, crafts, cream teas, a range of stalls and games, with many of the stallholders and residents dressing in Victorian costume for the event.

Visit www.suttonpoyntz.org.uk for more details.

High standards at flower show despite poor season

HEAVY winter rain hit entries for Weymouth, Broadwey, Upwey and District Horticultural Society's Spring Show.

The event at Broadwey Memorial Hall attracted 167 entries, down more than a quarter on 2015.

Deputy show secretary Ros Gant said: "Bulbs and daffodils did particularly well despite the drop in entries."

"Floral decorations and cookery also did well and we hope the resilience of exhibitors encourages more people to enter next year."

Society chairman Adrian Bates said: "The displays we had this year were a tribute to gardeners' ability to maintain high standards in difficult conditions."

"My favourite, I have to admit, was the hyacinths which looked absolutely lovely."

Ros added that the Society's next big event would be its Summer Show in August.

She said: "We are also looking forward to our big plant sale here at the hall on Saturday, May 14th, at 2pm when we will have hundreds and hundreds of plants on sale just in time for people to get them into their borders and baskets to create a good summer show."

RESULTS: Junior Cup, Highest Points Children's Classes: Lizzy Gant, George Gant; Downer Cup, Best Photographic Print: Gina Marshall; Nottingham Cup,

Best Exhibit, Handicrafts, excluding Class 77: Alison White; Littlemead Cup, highest points Preserves and Cookery, excluding Class 68: Chris Warner; Ridgeway Cup, highest points, Propagation: Bill Howarth; Shield, highest points, Novice Section: Anna Banks; Best Exhibit, Floral Art: Ruth Howarth; Grandshaw Cup, highest points, Pot Plants: Bill Howarth; Golds Candelabra, Best Exhibit, Pot Plants, excluding bulbs: Bill Howarth; Golds Shield, Best Exhibit, Bulbs in Pots: Bill Howarth; Ladies' Spring Cup, highest points, Sections 1 to 6: Pat Honess; Anna Banks Spring Show Cup, runner up to Highest Points, Sections 1 to 6: Shaun Vallard; Benson Cup, highest points, Sections 1 to 6: Bill Howarth; Shield, Best Exhibit, Class 23: Bill Howarth; Silver Trophy, Best Exhibit, Other Cut Flowers, excluding Class 23: Bill Howarth; Two Diploma Awards Daffodil Classes: Ray Hayward, Eric Pickard; Best Bloom in Daffodils:



■ ROS Gant by some lovely show blooms

Ray Hayward; Medal for Best Vase in Show: Ray Hayward; Broadwey and Upwey Daffodil Championship Salver: Ray Hayward.

Easter fun with Dorset Wildlife Trust

DORSET Wildlife Trust has a series of events to get kids outside over Easter, having fun with nature.

On the outskirts of Weymouth the Lorton Meadows Conservation Centre will be open from Friday 25th to Monday, March 28th the

'Eggsplorer Trail' will guide children around the reserve to hunt for clues to identify bird eggs.

There will also be Easter crafts at the centre all weekend. Entry is £2 per child and the trail is open from 10.30am to 4pm.

The nearby Chesil Beach Centre is running its 'Seashore Scavengers' event on Wednesday, March 30th.

You can take a walk along Chesil Beach and hunt for rare pink sea fans, shark eggcases and other treasures blown in from the Atlantic.

To take part, meet at the Chesil Centre from 11am to 12.30pm. Entry is £2 per person.

DWT Communications Officer, Sally Welbourn, said: "Our wildlife events are perfect if you already have a wild child, or if you want to do some-

thing different to keep your children entertained this Easter.

"This is a great time of year as spring is in the air and wildlife is starting to wake up. Soon our meadows will be bursting with the first flowers and the first birds singing."

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■ MENTOR Mark Vaughan, Katie Platt and Casterbridge Rotary member Diana Apps

Katie is through to young chef finals

A YOUNG chef from Dorchester has won a Rotary Club regional competition.

Thomas Hardy School pupil Katie Platt's, first won the local heat of the Rotary Young Chef of the Year competition at the Hix Academy, Weymouth.

She then went forward to compete at the regional final at South Devon College in Paignton, which she won - the judges saying that they were unanimous in their decision as Katie was a clear winner.

Katie, 15, will now go on to the National Final in Lincoln on April 16th with a chance to be chosen

as Rotary International Britain and Ireland Young Chef 2015-16.

She was mentored for the competition by Mark Vaughan of Vaughan's Restaurant in Weymouth.

Casterbridge Rotary member, Diana Apps said: "Katie has worked very hard with Mark Vaughan of Vaughan's Bistro and her teacher at Thomas Hardy School, Sally Voss, perfecting her menu.

"She was a clear leader at the Regional Finals and Casterbridge Rotary Club wishes her every success in the final in Lincoln."

Thomas Hardy becomes teaching school

DORCHESTER'S Thomas Hardy School has been selected to become a National Teaching School.

Teaching Schools take a leading role in recruiting and training new entrants to the profession. They identify and develop leadership potential; they provide support for other schools, and work with schools across their alliance to raise standards of teaching.

The Dorchester school is one of 54 schools in England to be granted teaching school status in the latest round.

Introduced in 2011, Teaching Schools are all rated as "outstanding". They work with partner schools in an alliance to ensure high quality school-led initial

teacher training and professional development opportunities for teachers at all stages of their career.

They raise standards through supporting other schools, engage in research and development, and ensure that the most talented school leaders are spotted and supported to become successful headteachers.

Thomas Hardy head Mike Foley said: "We are delighted to be designated as a national teaching school following a rigorous and highly competitive process of selection against some of the most outstanding schools in the country. It is a huge privilege to be given the opportunity to train the next generation of teach-

ers and we will do everything possible to ensure that Thomas Hardy is a beacon for outstanding education for many years to come."

Roger Pope, Chair of the the National College for Teaching and Leadership, said: "I'd like to congratulate Thomas Hardy - they should be very proud of this achievement.

"Teaching schools have shown themselves to be at the heart of school improvement. They're supporting other schools, attracting and training the best new teachers and developing the next generation of leaders. At NCTL, we want to do all we can to support their work."

Fundraising fashion show

TICKETS are now on sale for a charity fashion show, organised by the Royal Voluntary Service.

The event will be held on Friday, April 15th at 7pm at the Thomas Hardy School in Dorchester (doors open at 6.30pm).

'Travelling Trends' will supply fashionable and reasonably priced high street clothes, modelled by local women. The evening will also offer cakes and refreshments, second hand jewellery, locally made crafts and a grand raffle. Tickets cost £7, and raffle tickets are £1 each.

Tina Damon, RVS Befriending Services Manager in Dorset, said: "This is

the first time we are organising a fundraising event on this scale. We are supported by many of our volunteers and clients, and are continuing the work we do with students at the Thomas Hardy School sixth form as well. This will be a great evening for all age groups, and we might even model one of the old WVS uniforms, to remind people of what our volunteers used to look like in years gone by."

All money raised will go to the RVS in Dorset, supporting our work with older people in the community. To buy tickets, and to find out more about the RVS in Dorset, call the Dorset Office on 01305 236666.



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Golden days of rail travel celebrated at exhibition

AN exhibition which celebrates the "golden days" of rail travel has opened in the Dorset County Museum.

Posters, paintings and models feature in the "Speed to the West: a Nostalgic Journey" exhibition which will be open until January.

More than 50 posters dating from 1916 to the 1970s adorn the museum walls with display cases packed full of model engines, old menu cards, tickets, log books and other collectables.

The display has been curated by Paul Atterbury and writer Richard Furness.

Museum director Dr Jon Murden said he is delighted with the displays featuring items which will be in living memory for many people.

Mr Atterbury says many of the items on show illustrate the discovery by the railway companies during the interwar years that art was capable of selling tickets – a tradition which continued with British Railways in the 1950s and 60s, when many iconic images were created for railway posters.



■ **MODEL engines are among the display case exhibits**



■ **POSTERS were used for decades sell rail trips to Dorset**



■ **DORCHESTER Moose Ladies President Diana Norris cuts a slice of cake at the refreshment stall**

Moose ladies raise £400 with spring fair

DORCHESTER Moose Ladies raised more than £400 from their spring fair on Saturday at the town's United Church.

The event included refreshments, home-made cakes and preserves, a range of stalls and attractions.

The money raised will be divided between the charities Mind and New Life, which the Moose have been collecting for during the year.

The fair may be the last to be held by Dorchester Moose which will be closing, as a group, later in the year.

"It has been getting increasingly difficult to recruit people...there are so many activities that people seem to be involved in these days and young people have a lot of pressure on their time, so we decided to call it a day," said Governor Keith Norris.

"But many of our existing members will continue their charity fund-raising and we're setting up a new organisation to do just that," said Mr Norris.

'Leaf-dyeing' workshop at Hardy's home

A WORKSHOP to forage for materials and then create print designs will be held at Hardy's Birthplace Visitor centre next Monday, April 4th.

Hapa-zome, or 'leaf-dyeing', is a creative method using the natural forms and pigments of plants to create a unique print design onto fabric. The pigments are bashed out of the

plant using small pebbles or wood to leave a print.

Claire Platten, from the Ranger team at Dorset County Council, will be running the fabric print workshop in which prints are made using the natural colours and patterns in leaves and flowers.

The session includes a forage for materials in the woodland

before you create your own Thorncombe Wood piece to take away. The workshop runs from 10am till 12.30pm.

The workshop costs £6 and includes morning coffee and materials

Spaces are limited and can be booked by calling (01305) 251228 or e-mail hardysbirthplace@dorsetcc.gov.uk.



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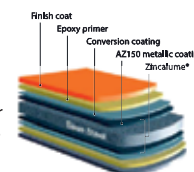
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■ INFORMATION and advice was on offer to visitors



■ MOLLIE Rennie with information about support services for victims of domestic abuse



■ CRAFT demonstrations took place throughout the day including making suffragette brooches (inset)

Women's Day tops off weeklong celebration



■ NOELLA Green, Susan Bickle, Anna Lovell, Fiona Kent Ledger

DORSET Women's Week culminated in a packed event at the Dorford Centre in Dorchester.

More than 400 visitors shared information, advice and support as well as learning new skills and hearing talks from expert women, including BBC war correspondent Kate Adie.

This year was the 11th annual Women's Week organised by the Women's Action Network Dorset (WAND). The WAND network is a voluntary group that was set up following the success of a women's day event in Puddletown more than a decade ago.

Organiser Susan Bickle said the event becomes more popular every year: "Last year, for the first

By Claire Vera

time, we did it as a whole week of activities which I think increased awareness.

"People know it's safe, they can bring their children, they can try new things. There is fun stuff, serious stuff and a very nice atmosphere. Men are welcome too. We've had men who have brought their mums and their teenage daughters."

For more information and to find out how to get involved in other WAND activities go to www.wandwomen.org.uk.





Your Easter Guide

Where to go & what to do this holiday

Bridport Leisure Centre

Easter Opening Hours and Holiday Activities at Bridport Leisure Centre

BRIDPORT LEISURE CENTRE is offering a range of activities this Easter to keep little ones active and entertained. Activities include snorkelling, street dance, trampolining, creative movement and much more. Please visit www.bridportleisure.com for the latest holiday timetables.

The Big Splash Fun sessions will be running from 2.00pm – 3.00pm on Mondays, Fridays, Saturdays (Inflatable Session) and Sundays. The Main pool will be filled with a variety of fun floats, mats, woggles and toys for all the family to enjoy. On Saturdays the Main Pool will feature the 'Twin Track Extreme' Inflatable – lots of fun to be had whatever the weather! For more information or to book an activity, please call the Bridport Leisure Centre on 01308 427464.

Easter Opening Hours and Timetable amendments

The Centre is open as usual over the Easter break but will be closing slightly earlier on some days. Please see below:

Good Friday, 25th April: The Swimming Pool will be closing at 7:00pm and the Fitness Suite will be closing at 9:00pm. Aqua Fit at 11:15am and Circuits at 6:30pm will not be running.

Easter Sunday, 27th March: Aqua Fit at 9:00am will not be running and the Pool

will be closing at 5:00pm

Easter Monday, 28th March: The Fitness Suite will be closing at 9:00pm. Circuits at 6:30pm, Lower Body HIIT at 7:00pm and Spinning at 7:30pm will not be running.

We wish all of our customers a very happy Easter! Bridport Leisure Centre
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Broadwindsor Craft & Design Centre

THE Broadwindsor Craft and Design Centre has been situated in the heart of the West Dorset's beautiful rolling countryside for the past 29 years. A Redundant farm building on the edge of the village was the starting point, but today the Craft Centre is renowned for its excellence and quality.

The Centre boasts a large restaurant that prides itself on serving delicious home cooked food every day, using quality local produce. The Centre is open from 10am-5pm every day and the restaurant serves breakfast from 10-11:30am, lunch from 12-2pm and cakes and cream teas until 5pm.

The main shop itself is like an Aladdin's cave, with shelves overflowing with great gift ideas for any age group. Gift vouchers are also available for the main shop and the restaurant. A high tea or a cream tea voucher makes a lovely gift for someone special, or a shop gift voucher for that person who you just can't think what to buy.

There are also lots of other individual units at the Craft Centre, including Earth Design, Attic Gallery, Mingled Yarn, Malcolm Giladjan's art studio, Caboodle and Sophie Rose Soft Furnishings.

With a large free car park and disabled access to most of the Centre, come and visit Broadwindsor Craft Centre, enjoy a fabulous breakfast, lunch or tea and see the vast array of gifts available in the shops.

Take a look at our website www.broadwindsorcraftcentre.co.uk and follow us on facebook.

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Royal Lion Hotel

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Of course, your meal would not be complete without an excellent selection of wines; and in the experienced hands of our Restaurant Manager and his friendly team, you are bound to find that perfect variety to accompany your meal. The Oak Room Restaurant is open to both residents and non-residents alike.

The Inn at The Royal Lion

The Inn offers a traditional pub atmosphere with open log fires to warm you during those chilly winter days.

A great place to meet friends for morning coffee and an informal lunch or a chilled glass of wine, The Inn also offers a variety of local ales to tempt the beer connoisseur before dinner.

The Inn also has a full pub menu and daily changing special board, and is open to residents and non-residents alike. On Sundays, we are proud to offer a traditional Sunday roast, along with an alternative selection of dishes associated with this great British institution.



THE ROYAL LION HOTEL

The Oak Room Restaurant

EASTER SUNDAY LUNCH

Sunday 27th March 2016

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Duck Liver Parfait with red onion marmalade & melba toast

Smoked Trout Caesar Salad with classic dressing & shavings of parmesan

Vulcombe Goats Cheese & Spinach Spring Roll with spicy tomato salsa & herb salad

MAIN COURSES

Roast Sirloin of English Beef with yorkshire pudding, horseradish sauce & thickened pan juices

Poached Fillet of Salmon with cucumber vermouth sauce, samphire & crushed new potatoes

Roasted Supreme of Chicken Wrapped in Pancetta with madeira jus, date & walnut seasoning

Wild Mushroom Risotto with a hint of white truffle oil, parmesan & wild rocket

The above served with a selection of seasonal vegetables & chateau potatoes

DESSERTS

Sticky Toffee Pudding with warm butterscotch sauce & vanilla bean ice cream

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£ 18.95 per person for two courses • £ 21.95 per person for three courses

Please advise us if you have any particular food allergies or dietary requirements

www.royallionhotel.com | 01297 445622

Osprey Leisure Centre

Easter Kid's Club 2016

THIS school holiday Osprey Leisure Centre has programmed the usual variety of popular activities for kids aged 5 - 14 years from 29 March through to 8 April.

Amongst the usual mix of activity days Osprey is now offering an indoor football academy on Tuesdays and Thursdays which when added to the half day multi activity sessions on the same day give 2 extra full days from 9am - 4pm which have recently been added to the programme earlier in the year.

Many children love using the inflatable obstacle course during private pool parties but have the rare chance to attend the junior sessions for the over 9's to 14 years which take place on Tuesdays and Thursdays from 2pm - 4pm for only £3 per child for a full 2 hours.

Now that the Legacy Cafe is open parents have the chance to add a lunch for only £2.50 to the day so another worry is taken away from them.

What better than to give your children the chance to have a great time in a safe indoor environment whilst expending much energy, having lunch and being active?

For any further information on the above or the adjacent adverts please feel free to contact the centre on 01305 824378 or visit the centre's web-site.



Osprey Easter Holiday Activities

Kids Fun Pool Sessions

Tues 29th March, Tues 5th April
& Thurs 31st March, Thurs 7th April
2.00 - 4.00pm 9 - 14 years only

£3.00 per session

New Large Pool Inflatable

Football Academy

5 - 12 year olds
Tues 29th March, Tues 5th April
& Thurs 31st March, Thurs 7th April
12.45 - 4.00pm

**Only £7.00 per person •
• Only £11.00 per day**

or £13.50 per day with packed lunch

'Sporting Games' Days

5 - 12 year olds
Mon 4th April, Wed 30th March
Wed 6th April & Fri 1st, Fri 8th April
9.15am - 9.45am (registration)
to 4.00pm (collection)

Only £11.00 per day

Tues 29th March, Tues 5th April
& Thurs 31st March, Thurs 7th April
9.15am - 12.30pm

Only £7.00 per morning



Tel: 01305 824378

www.ospreyleisure.co.uk

Castletown • Portland • Dorset • DT5 1BD





Your Easter Guide

Where to go & what to do this holiday



Nothe Fort

ON Wednesday 30th March, Nothe Fort events team invite you to their "World of Peter Pan". The Fort will be open from 10.30am to 5.30pm, last entry 4.30pm, entry price will be £9 for Adults, £8 OAP/Students, £2 children, under 5s free. Family Ticket £20.

Come along for a wonderful family day of pirates, red Indians, fairies and mermaids. Loads of different crafts for children to make, fossil painting, balloon modelling, fancy dress completion, face painting, treasure hunt, a Pirate Bouncy Castle and of course an opportunity to look around Nothe Fort.

Visit our web site www.nothefort.org.uk for full information and details of our other events for 2016.



NOTHE FORT WEYMOUTH

The World of Peter Pan

Wednesday 30th March 10.30am - 5.30pm
Pirates, Red Indians, Mermaids and Fairies
Children's Crafts, Bouncy Castle, Fancy Dress
Competition & lots more
A GREAT DAY OUT FOR ALL THE FAMILY



See our website www.nothefort.org.uk and details of forthcoming events in 2016

The Tunnel Target Sports Centre

THE TUNNEL
TARGET SPORTS CENTRE
SHOOTING CENTRE



SHOOTING FOR THE GENERAL PUBLIC



- 25m, 40 yard & 100m ranges
- 5 lanes - full bore
- Fully Supervised
- Practice Sessions
- Cafe

Live firing and fully supervised
catering for all ages and abilities,
prices from **£15**



Mon - Thurs & Sat throughout the Easter Holidays

E: info@thetunnel.co.uk W: www.thetunnel.co.uk

The Tunnel Target Sports Centre, Axminster Road,
Charmouth, Dorset DT6 6BY - 01297 560049

HOMEMADE CREME EGGS

CADBURY EGGS DECODED! FINALLY, YOU CAN MAKE CADBURY-STYLE CREME EGGS AT HOME ANY TIME OF YEAR. AND YOU WANT TO KNOW THE BIGGEST SECRET? THE RECIPE IS INCREDIBLY SIMPLE! THE MOULDING TAKES SOME TIME AND PATIENCE, BUT IF YOU'RE NOT CONCERNED ABOUT LOOKS, THESE BABIES ARE EASY TO CRANK OUT, AND POSSIBLY MORE ADDICTIVE THAN THE REAL THINGS.

INGREDIENTS:

- 170g (1/2 cup) golden syrup
- 58g (1/4 cup) butter, room temperature
- 375g (3 cups) confectioner's powdered sugar (icing sugar)
- 1 teaspoon vanilla
- 1/4 teaspoon salt
- yellow food colouring
- 1 (12 ounce) bag milk chocolate chips

FILLING: You're going to be really astounded at how easy this is.

Cream together the corn syrup, butter and vanilla.

Sift in the confectioner's powdered sugar and beat until incorporated.

Now to get fancy and separate the filling into whites and yolks! Take out about a third of the filling and stir in some yellow food colouring.

Put the two bowls in the fridge, as they're easier to work with once they're set up a little.

SHAPING THE INNARDS: Make little yolk balls out of the yellow mixture. Place them on some parchment (not foil). Put them back in the fridge or even the



freezer to firm up.

When the yolks are set up, you can start embedding them in the whites. Scoop an amount of white filling out and flatten it into a circle. Place the yolk ball inside, and wrap the white around it. Then stick them back in the fridge.

FILLING THE MOULDS: Melt the chocolate in a double boiler or in short bursts in the microwave. Fill the moulds with the chocolate.

Once the moulds are set, plop a filling ball into half of each mould. Using more melted chocolate, join the two halves of the egg together.

Finally let set and demould.



BURWOODS DOMESTIC APPLIANCE LTD

Super Spring Clean Savings

on Laundry, Refrigeration, Cleaning, Small Kitchen Appliances and Home Entertainment

**Hotpoint****1200 Spin 6kg Washing Machine**

Model No: HSTB621PUK

- 16 Programmes Inc Eco Cycle & Extra Rinse
- Wool & Silk Programme
- Super Wash, Fastwash 30 & 60
- Dimensions: H85xW59.5xD41.9cm

Only
£219.991 YEAR
Warranty10 YEAR
Parts**Hotpoint****1400 Spin 7kg Washer Dryer**

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- Automatic Drying Levels
- Wash & Dry Cycle in 45 Minutes
- Dimensions: H85xW59.5xD53.4cm

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Warranty10 YEAR
Parts**Hotpoint**

Save £10

**7kg Condenser Tumble Dryer**

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- Empty Water Tank Indicator
- Anti Tangle Technology
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Now Only
£219.99
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Warranty10 YEAR
Parts**Hotpoint****60cm No Frost Fridge Freezer**

Model No: LECO7FF2W

- Fridge 189 Litres/6.67 CuFt, 2 Shelves, 2 Salad Bin
- Freezer 113 Litres/3.99 CuFt
- Automatic Door Closing
- Dimensions: H178xW60xD63cm

Only
£349.991 YEAR
Warranty10 YEAR
Parts**Hotpoint****60cm No Frost Fridge Freezer**

Model No: LECO85FF2WH

- Fridge 189 Litres/6.67 CuFt, 3 Shelves, 2 Salad Bin
- Freezer 113 Litres/3.99 CuFt
- Automatic Door Closing
- Dimensions: H189xW60xD63cm

Only
£389.991 YEAR
Warranty10 YEAR
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DOMESTIC APPLIANCES

Burwoods Domestic Appliance Ltd
84 St Michaels Trading Estate ,
Bridport DT6 3RR
Tel: 01308 424196

Dorset's ultimate leisure guide

View 2

RANKING FULL STOP!

Ranking Roger and Ranking Junior
bring The Beat to Dorchester

See page 32



SASHA AT CAMP BESTIVAL

DJ will lead the rave at Lulworth festival *page 24*



PITY THE FOO

Top tribute to Foo Fighters in Seaton this weekend *page 24*

SHOWSTOPPERS

Bridport Musical Theatre return with Showstoppers 5 *page 33*



TRANSMISSION

Your guide to local live music

The gigs

Friday 25 March

Spice Centre,
DORCHESTER
**BERNARDO PLAYING
CONTINENTAL GUITAR**
7.30pm.

Spice Centre,
DORCHESTER
**BERNARDO PLAYING
CONTINENTAL GUITAR**
7.30pm.

Pilot Boat Inn,
LYME REGIS
HOT JAVA
9pm

Sat 26 March

The Crown Inn,
BRIDPORT
STORM 9.30pm

Nag's Head,
LYME REGIS
**DANA IMMANUEL &
THE STOLEN BAND**

Electric Palace,
BRIDPORT
FEROCIOUS DOG
Doors 7pm.
£14 adv/£16 door

Re-loved Vintage
& Tea Rooms/Bistro,,
DORCHESTER
**BERNARDO PLAYING
VINTAGE GUITAR**
7pm. Free entry,
booking advised
- 01305 257070.

Winston's
SEATON
PITY THE FOO
£10adv / £13 door

Sun 27 March
The Crown Inn,
BRIDPORT
**A TRIBUTE TO ELVIS
- TIM BASSETT**
9.30pm

Sat 2 April
The Crown Inn,
BRIDPORT
GOLIATH 9.30pm

Nag's Head,
LYME REGIS
**PERFECT
STRANGERS**

Reaching for the stars

CAMP BESTIVAL organisers are very excited to announce the DJ line-up for this year's Outer Space extravaganza. And you can be sure that the moon walk is just one of the signature moves that we'll be busting out as we reach for the firmament of dancefloor stars who'll be keeping us space raving family style all weekend long at Lulworth Castle at the end of July.

Astro-mixmaster Rob da Bank says: "We always like to get the whole family dancing at Camp Bestival, so this year I'm really chuffed that we have some proper DJing legends who will be more than familiar to mums and dads but who will definitely get the kids up on their feet and partying. From the legendary

Sasha, Hacienda giant Greg Wilson and lifetime Camp Bestival resident David Rodigan to amazing family ravers Big Fish Little Fish and Fun DMC, not forgetting Pan's People, we're all going to be spoilt for choice!"

Heading up the cavalcade of cosmic explorers, and providing a golden opportunity for parents to relive their intergalactic youth, the festival welcomes **Sasha** back to Space Camp Lulworth. A veritable rave god, Sasha is a man who knows how to take a crowd on a voyage into the unknown and we can't wait!

The legends don't stop there as we will also have hacienda stalwart **Greg Wilson's Super Weird Substance**, reggae great **David Rodigan MBE** who will

present Ram Jam featuring sets from Trevor Nelson, Wookie, Kiko Bun (live) and Venum Sound and rare groove kingpin **Norman Jay MBE** will be making good on the ones and twos. Plus, we will have sets from Acid Housewife featuring Lottie & Smokin Jo, and English Disco Lovers.

Pioneers of family clubbing Big Fish Little Fish will be back to rock the tots once again and there will be beats and bass for big and little kids alike with sets from Fun DMC, the Kids Disco with Pan's People, Nutty's Disco and Junior Jungle Rave who are guaranteed to make the little-uns jump up.

For more details visit www.campbestival.net



PITY THE FOO, the South West's premier Foo Fighters Tribute Band, will recreate Foo Fighters' awesome live sound and performance at Winstons, Seaton on Easter Saturday, March 26th.

You can expect to experience awesome high powered sets with all a true Foo Fighters fan's favourite songs including Learn To Fly, Monkey Wrench, Everlong, The Pretender, Something From Nothing, All My Life, Rope, Best Of You and plenty more.

Band leader Tod said: "This is the first time we have played down here, but we heard it's a great venue and are looking forward to putting on a show that everyone will enjoy and remember".

Winstons Manager Chris Oakes added: "We have managed another coup, as these guys don't usually play small venues so we are really looking forward to the gig, we have already sold a quarter of the tickets so get yours soon."

Tickets are £10 in advance, or £13 on the door, available from Winstons on 01297 20494, Beer Village Stores 01297 21782, or Axe Music (Axminster) 01297 631609.

THE CROWN INN

WEST BAY ROAD, BRIDPORT

Saturday 26th March, 9.30pm
STORM

Sunday 27th March, 9.30pm
A TRIBUTE TO ELVIS - TIM BASSETT

Saturday 2nd April, 9.30pm
GOLIATH

www.lemonrock.com/crowninn
Tel 01308 422037

**Records & CDs
bought & sold**

**Musical equipment
& Hi Fi bought,
sold & repaired**

**Recording studio & Rehearsal Room
T-shirt sales, design & printing**

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ST MICHAELS, BRIDPORT, DT6 3RR
01308 458077**



The Nag's Head

Silver St, Lyme Regis
Tel 01297 442312

FORTHCOMING EVENTS

Saturday 26th March
**DANA IMMANUEL AND
THE STOLEN BAND**

Saturday 2nd April
PERFECT STRANGERS

Saturday 9th April
REAL DEAL
www.nagsheadlymeregis.co.uk

LIVE MUSIC FRIDAY

FRI 25TH MARCH FROM 9PM

HOT JAVA Led by the amazing vocal talents of Grace Gillan. Playing a mixture of funk, jazz and soul.

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THE
PILOT BOAT
INN

Pity The Foo

A Tribute to Foo Fighters



www.pitythefoo.com

Tweet us #PityTheFooTwit

Instagram us @pitythefootributeband



at Winstons, Seaton - Saturday March 26th

All tickets priced £10.00 in advance or £13.00 on the door

Tickets available from
Winstons 01297 20494, Beer Village Stores 01297 21782
and Axe Music, Axminster 01297 631609



Health Leisure & Beauty

Your 7 page pull-out for Health, Leisure & Beauty
in East Devon, West Dorset and South Somerset

West of England Laser Centre



Q. I HAVE a mole next to my nose which I have often thought about having removed. I am going on a cruise in August to celebrate my 50th wedding anniversary and wondered if I would be able to have the treatment before then?

A. Yes, you have plenty of time to have this treatment before your cruise. Initially you would need to come for a Consultation with our Surgeon on a Monday evening or a Wednesday afternoon at the Nuffield Hospital in Taunton. You can make an appointment by telephoning 01823 331773 or by emailing lasercentre@lineone.net. Following the consultation we can book you in for your treatment, usually within a couple of weeks, if you wish to go ahead.

Q. I have always wanted to have this done .. but always been a little nervous how painful is the treatment?

A. Please do not be nervous, this treatment is very painless and straight forward. Our Surgeon will inject a small amount of local anaesthetic into the area prior to treatment. The laser is very precise and targets only the mole itself and does not affect any of the surrounding skin. When the anaesthetic wears off you may feel a slight discomfort or stinging, this is fairly mild but if you do wish to take paracetamol this will help.

Q. During the cruise I will be exposed to the sun, will I still be able to do this following treatment?

A. We would always recommend using a high factor sun cream whenever you are exposed to the sun, especially on the treated area. You would need to wait 2 or 3 weeks for the skin to be fully healed before you go into the sun but the high factor sun cream will not only protect the more sensitive, treated area but will also help prevent further sun damage.

Janis Meeks

Axminster Clinic for Fine Lines & Wrinkles!

Axminster Health and Wellbeing Centre, Hanover House, Chard Street, EX13 5DZ

AXMINSTER clinic for fine lines and wrinkles was established in 1999. We are associates of the famous Knightsbridge clinic of Dr Rita Rakus. In addition to our various injectables and fillers, our Doctor has recently introduced some exciting new wrinkle reduction treatments in Axminster that have previously only been available in our Knightsbridge clinic. These include Pelleve, Sculptra, Aqualyx and our two exciting new additions Ulthera and Rejuvagen.

Ulthera is a non-surgical, non-invasive procedure for the face that lifts, tones and tightens loose skin. The treatment will gradually stimulate the growth of new collagen over time to strengthen and tone your skin from within with no downtime.

Rejuvagen is a new microneedling system for skin rejuvenation that can help repair deep skin damage without causing further scarring or discomfort. The skin will become firmer, pores smaller, pigmentation, texture and the overall condition of the skin improved.

Sculptra works differently from traditional

fillers gradually reducing lines giving a fuller natural look that can last up to 24 months.

If you would like to learn more about our various treatments please visit our website anti-ageing-clinic.co.uk

We offer free consultations giving you the opportunity to discuss the various options available with no obligation. This is an opportunity to ask our Knightsbridge doctor any questions you may have regarding any of our treatments. Please call Janis on 01243 698823 or 07906 786246 if you would like an appointment.



Beauty Spot or Mole?

Some moles are more attractive than others, if yours is bothering you, why not have it quickly and painlessly removed by laser?

For further information regarding all our latest non-invasive cosmetic treatments contact:

WEST of ENGLAND
LASER
CENTRE

Nuffield Health Taunton Hospital
Staplegrove Elm,
Taunton TA2 6AN

Tel: 01823 331773

www.welc.co.uk - email: lasercentre@lineone.net

Wrinkle Reduction, Frown Line Treatment, Skin Tightening and Lifting

Advanced treatments for fine lines, wrinkles, lip enhancement, facial contouring are available from our Knightsbridge doctor.

Sculptra

The volumiser designed to stimulate collagen with results that can last up to two years.

New

We are excited to introduce two new treatments to Axminster (previously only available in our Knightsbridge clinic)

**Next Clinic
Sunday**

3rd April 2016

Visit our website for more info
www.anti-ageing-clinic.co.uk

Ulthera

Ulthera is a non-surgical, non-invasive procedure for the face that lifts, tones and tightens loose skin. The treatment will gradually stimulate the growth of new collagen over time to strengthen and tone your skin from within with no downtime.



Rejuvagen

Rejuvagen is a new microneedling system for skin rejuvenation that can help repair deep skin damage. The skin will become firmer, pores smaller, pigmentation, texture and the overall condition of the skin improved.

Ulthera

Phone for an appointment

01243 698823 or 07906 786246

Axminster Health and Wellbeing Centre

Hanover House, Chard Street, Axminster EX13 5DZ

Precision Reflexologist - Sonya Gallantree

SONYA is a fully qualified Precision Reflexologist and has been practising in the Honiton area for seven years as well as being a member of the Association of Reflexologists and also The Federation of Precision Reflexology.

Reflexology is a non intrusive complementary therapy performed mainly on the feet. The treatment is a gentle massage and stimulation of the

reflex points within the feet. Clients usually feel deeply relaxed or energised after a treatment. Reflexology may be used to help relieve stress, improve circulation, ease pain and menopausal symptoms. Reflexology helps the body to heal itself and restore balance.

Please call if you would like more information or to book an appointment.



Herbalist Health - Cheryl Reynolds

HAVING qualified with the National Institute of Medical Herbalists in 1988, Cheryl has been treating patients for 28 Years following a graduation from an accredited course, where students are trained in both medical and plant sciences.

Cheryl's decision to spend four years studying herbal medicine was initiated after being diagnosed with Rheumatoid Arthritis at the age of 21. "Spending 15 years on orthodox medicine didn't suit me, but with the help of herbal medicine I regained a life that has been worthwhile and has enabled me to play a part in others life's which has been both rewarding and extremely interesting".

Herbal Medicine can benefit patients of all ages, from infants to the elderly. Those already receiving treatment from their doctor may also be helped and are prescribed herbs, which do not adversely interact with other medication.

All members of the Institute are governed by a strict code of ethics and practice as well as being covered by professional indemnity and insurance.

Please use the contact details provided to discuss how herbal medicine can be as beneficial to you as it has been to Cheryl.



Herbalist Health

Cheryl Reynolds

Member of the National Institute of Medical Herbalists

Treatments for: Musculoskeletal, Respiratory, Cardiac, Gastrointestinal, Genitourinary, Gynaecological problems, and the Nervous System

Web: www.herbalisthealth.com **Email:** cheryl@herbalisthealth.com
Tel: 01297 443814 **Mob:** 07796 074 849

East Devon Physiotherapy

EAST DEVON PHYSIO was opened in Sidford by the Practice Principal Heather Martin in May 2000.

The general ethos within the practice has always been that the care and wellbeing of clients is of the utmost importance. This is achieved through the five practitioners constantly updating and increasing their professional skills and seeking communication with relevant health care professionals in the area when specialist's skills are seen to be required.

Physiotherapy is often thought to be largely involving massage and exercise and usually seen in the area of sports medicine but skills within the profession extend far beyond these parameters. Physiotherapists at East Devon Physio are able

to offer assistance to clients of all ages suffering from pain or disability after injury, overuse, surgery (both orthopaedic and general) as well as sports related issues and for many years have had a reputation for significant success in the treatment and rehabilitation of their clients.

All treatments are planned and based on information offered by the client during the initial consultation and findings thoroughly discussed with the client prior to treatment.

East Devon Physio also runs Modified Pilates classes locally in Sidford and Beer.

More information is available on the website or at the practice in Sidford.



EAST DEVON PHYSIO

Sports & Rehabilitation Clinic

Chartered Physiotherapists Registered with The Health Care Professions Council

Our Expertise includes:-

- Manual Therapy
- Acupuncture
- Exercise Therapy
- Sports / Post Operative Rehabilitation
- Modified Pilates Classes (a form of pilates especially suitable for clients with aches and pains)

Other services available are:-

Robert Gosling -

Select Dental

Paddy Jones -

Complementary Therapist

James Trewick -

Personal Trainer

Address: East Devon Physio
Church Street
Sidford Sidmouth
Devon EX10 9RL

Tel / Fax: 01395 578656

Email: info@eastdevonphysio.co.uk

Website: www.eastdevonphysio.co.uk

"Expert assessment and diagnosis leading to treatment tailored to your individual needs"

The Garden Studios - Yoga and Therapies

BEAT the blues with an immune boosting routine, yoga, massage, fresh air!

At The Garden Studios in Bridport Paul and Julia are offering a range of activities to guide you into a healthy spring! Ongoing neck and shoulder tensions are often a by-product of winter ailments and stresses, sometimes causing headaches and other physical ailments whilst emotional stresses often cause these physical problems! It's a roundabout to get off of.

Hatha yoga and meditation is accessible to everyone, gentle stretching, focus on breathing techniques and relaxation will encourage a healthier approach to day to day life, and will start to release long term tension. Work on computers and driving are 2 of the main reasons for upper body tension. Gentle moving stretches assists our overall well-being and the more you are able to move, the more you want to! Guided relaxation and meditation together with simple breathing methods start to provide tools to keep mind and body in a more comfortable state, improving our immune system and defences against infection. Paul offers yoga classes, 2 mornings, 2 afternoons and 2 evenings throughout

the week, classes are drop-in although most find a favourite, with small groups of 8 and individual attention.

Massage, aromatherapy and reflexology treatments can also be a great support, Julia uses essential oils to support specific conditions, physical or emotional utilizing base carrier oils blended to nourish the skin, feeding the body through the skin! Reflexology works on every body system every treatment and is a perfect body maintenance programme, whilst invaluable for deep relaxation and creating balance within., it's also a very helpful and supportive therapy for many conditions and throughout pregnancy.

The Tripudio Movement DVD now available, (£12) is perfect for a short daily home practice. The Flow sequence is taught in detail, followed by the sequence in 3 separate sections to flow along with. This short flow sequence will assist your lymphatic system, provide daily stretch and mobilizations and leave you feeling relaxed and uplifted. This 8 minute sequence is perfect for an everyday activity and requires little space. With a focus on releasing tension in the upper body it is perfect for neck and shoulder tension, repetitive strain injury or situations of poor mobility too – anyone can do it!

As the weather improves new Nordic Walking training sessions and health walks will be starting. If interested send an email and keep updated. Nordic walking uses poles provides a full body workout with minimum stress, working out shoulders and arms as well. A full body workout to get us out for the spring. Contact Paul and Julia on 01308 538112 info@gardenstudiosbridport.co.uk www.gardenstudiosbridport

TIP: yawn regularly with a big arm stretch, opens your lungs and works out your neck and shoulders!



Confidential Hypnotherapy Susan Gale

Change for the better with Hypnotherapy

FEELING bad? Feeling trapped by unwanted habits, anxieties or old hurts? With the right help, your mind can set you free. And much more easily than you might have thought possible.

You probably already know how powerful your subconscious mind can be when it's repeating old habits even though you don't want it to. So imagine that much power working for you in a good way instead.

Susan Gale uses Hypnotherapy to help you break out of the rut and change old negatives to new positives.

She takes a very practical, down to earth approach. And her long experience means she can tailor the therapy to your particular needs so you get better sooner.

Don't "learn to live with it" – learn to live without it. Make the most of yourself. Make the most of your life.

Susan has been working as a hypnotherapist since 1989 and has helped many people clear many different problems. Her experience can help you break free. She is now seeing clients at the Aquae Sulis Centre on Damers Road, Dorchester. Take a look at her website www.beltain.co.uk or phone her on 07486 393047 to see how she could help you.

Susan Gale
HYPNOTHERAPIST, COUNSELLOR, Registered 1989

Confidential Hypnotherapy
07486 393047 - beltain.co.uk
Based at the Aquae Sulis Centre, Dorchester

- ✓ Anxiety, Smoking, Stress, Weight...
- ✓ Friendly & practical
- ✓ Down-to-earth
- ✓ Effective solutions tailored to your needs

The Garden Studios
Yoga and therapies

**Complementary Therapies,
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Tripudio Movement & Nordic
Walking with Paul & Julia**

Landline: 01308 538112 Mobile: 07734 511287
Email Us: info@gardenstudiosbridport.co.uk
Website: www.gardenstudiosbridport.co.uk
located off St Swithans Road DT6 5DG

By Abi Jackson, Press Association

5 reasons to eat more eggs!

Planning to indulge in a few foil-wrapped goodies over Easter? Enjoy - life is too short to deny yourself those indulgent little pleasures - but while we're on the topic, let's take a moment to appreciate the cracking nutritional credentials of real eggs too.

When it comes to all-round healthiness, you really can't beat an egg (sorry!). Cheap, quick and easy, and they go with everything, they are quite simply egg-cellent, and you might be surprised to know just how egg-ceptional they are on the good-for-you front.

Here are five reasons to dip into more eggs...

EGG-STRA NUTRITIONAL

The term 'superfood' might seem like a modern marketing ploy, but it's a label that the humble egg - something we've had in our pantries and been eating by the basket-load for forever with little fanfare - is arguably quite deserving of.

"Eggs are a really nutritious food, providing an excellent range of micronutrients. As well as being rich in vitamin D, essential for normal bones and teeth and for both muscle and immune system function, they are also a good source of DHA - one of the omega 3 fatty acids - that contributes to normal brain and eye function," says Dr Juliet Gray, registered nutritionist and advisor to the British Egg Information Service (www.egginfo.co.uk). "Eggs are also rich in selenium, important for hair and nails, the immune system, and thyroid function. On top of this, they contain more than 100% of the RI [reference intake, formerly RDA] for vitamin B12, which we need for red blood cell function, and also vitamin A, vitamin B2, folate, biotin, pantothenic acid, iodine and phosphorus. All those nutrients in just one single food!"



▲ PA Photo/thinkstockphotos

PACKED FULL OF PROTEIN

There's been growing emphasis on packing plenty of protein into our diets recently. As well as being useful for weight management, protein's role in muscle growth and repair has helped up its popularity, as more and more of us get serious about our fitness regimes. "Whether you're a gym-goer, or just trying to eat healthily, the humble egg is an awesome food to include in your diet," says Charlie Turner, co-founder of Neat Nutrition (www.neat-nutrition.com). "Poached eggs and avocado is one of my staples; high in protein and nutrients, quick and easy to cook, and budget-friendly too. Eggs contain all the essential amino acids which your body needs when refuelling after a workout and their high protein content helps to keep you satiated all morning."

BRILLIANT BREAKFASTS

When Robson, nutritionist and co-author of The Detox Kitchen Bible, teamed up with Gi-

raffe restaurants (www.giraffe.net) to share his three golden rules on eating for maximum health and happiness, he instantly knew what his first tip would be: "Start the day with an egg!"

"Research has shown that people who eat eggs at breakfast eat less across the rest of the day compared to those who opt for grain-based cereals, as eggs help keep you feeling fuller for longer," explains Hobson. They also pair extremely well with other health-boosters, to supercharge your breakfast even more. "Most of us don't get enough oily fish, so adding smoked salmon will boost those heart health omega 3 levels, and your intake of vitamin D, which many of us lack." Serve on a bed of spinach or slice of granary toast for extra vitamins and fibre.

SUPER SNACKS

One medium-sized egg contains around 65 calories, which makes them a fantastic choice as a healthy low-calorie snack. For context, that's less than a single portion of most types of fruit - which isn't to say you should ditch fruit in favour of eggs, but if you're looking for low-calorie snack inspiration, why not add a hard-boiled egg to your daily graze armoury? Not only will an egg leave you feeling far more satisfied - therefore keeping hunger pangs at bay - than say a packet of crisps (usually 100kcal upwards, depending on the brand) or single digestive biscuit (around 71kcal), they'll also really count in those healthy-eating efforts, thanks to their super-charged nutritional content.

WORK WONDERS FOR SKIN

We're often told that the quality of our diets is displayed in our complexions, and eggs rack up cracking scores in the skin-enhancing stakes. "Eggs contain vitamin A, which helps the process of cell development - especially the development of new skin cells. This is why vitamin A is often included in beauty products," explains Shona Wilkinson, head nutritionist at natural health retailer NutriCentre (www.nutricentre.com). "They also contain the antioxidants selenium, which helps prevent free radical damage, which is part of the aging process, and lutein and zeaxanthin, which help protect the skin against UV damage that leads to brown spots and wrinkles. They are great sources of amino acids which help with generation of new cells."



▲ PA Photo/thinkstockphotos

Axe Valley Counselling Anne Roberts

Relationships: Spring is sprung - is love in the air?

SO, is your relationship full of energy and enthusiasm? Are you looking forward to sharing a renewed sense of love and moving forward together? Or does the sight of couples 'in love' just increase your sense of being jaded - worn out by cares, endless responsibilities and a winter of discontent?

Unless you have reached a point of no return, there is usually an opportunity to change tack and bring new life into your relationship. Maybe you, personally, need to put your life in order, gain a sense of direction and change those behaviours or feelings that aren't helpful. Or perhaps you both, as a couple, would like to regain a renewed sense of pleasure in, and enjoyment of your relationship.

Counselling can help get your personal issues or your relationship back into perspective, and sort out what can and can't be changed. Leaving it too late reduces your options as the willingness, energy and investment runs out. Getting help in time can transform your relationship and, at least, clarify your choices.

If you would like help to make changes, contact me, Anne Roberts, Counselling South West, on t: 01297 301035 m: 07887 961954 email:

info@couplecounsellor.co.uk: www.couplecounsellor.co.uk



Anne Roberts BSc, CIPD, CREST, CIPD, CIPD
Axe Valley Counselling Axminster

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ROSE Osteopaths is based in the Honiton Dental Centre and provides Osteopathic treatment to patients of all ages. We pride ourselves on the high level of patient care we offer and our patient centred approach to treatment.

Osteopath Alexandra Williams (BSc OST MED, BSc Bio) graduated with first class honours from the renowned British College of Osteopathic Medicine and has worked in a variety of settings including private practice, Sports Centres and a multi-disciplinary clinic. She is passionate about Osteopathy and its ability to produce great benefits in pain management and general wellbeing.

Osteopathy is a method of diagnosis, treatment and rehabilitation of a variety of medical conditions and disorders. We look at the patient 'as a whole' and therefore treatment does not target symptoms but treats those parts of the body that may have caused the problem. Treatment modalities may include hands-on methods such as soft tissue massage, mobilisation and manipulative techniques, and also advice on such topics as ergonomics and nutrition. In addition, specific exercises and stretches may be recommended to aid recovery and promote health.

To book an appointment, please telephone 01404 42023.

For further information visit our website at www.roseosteopaths.com



▲ Alex the Osteopath

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Traditional Acupuncture - Val Davis

Acupuncture can improve and maintain health and energy and enhance a sense of well-being

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● The type of conditions that I mostly see in my clinics include the following: arthritis, back pain and sciatica, poor circulation, low energy levels, hormonal/menopausal symptoms, pregnancy management, fertility problems, weight management, and addictions such as smoking. However, you don't have to be ill in the conventional sense to benefit from acupuncture, sometimes people come to see me because they are feeling low, unwell in themselves, or maybe not sleeping as well as they would like to.

Professional Acupuncturists spend at least 3 years training at degree level to become an Acupuncturist. We are then entitled to join the British Acupuncture Council and to use the letters Lic.Ac., B.Ac.C after our names. We also have public liability and professional indemnity insurance. Many of us have also studied at post-graduate level and are constantly updating our skills and experience.

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Clinical Hypnotherapy Michelle Hague

Stopping Smoking ? There is something you need to know.

E-CIGARETTES may not help you quit: Smokers using E-cigarettes are 28% less likely to ditch traditional cigarettes, So says the medical correspondent Ben Spencer who reported on the medical study published this year in the Lancet.

The study has concluded E-cigarettes do not help smokers to quit tobacco.

However these findings have become very controversial and are contrary to leading health officials in England, who have repeatedly insisted that e-cigarettes are a key tool to reduce smoking rates.

The study which was a systematic review of all available data on the issue, is the largest to date, and evaluated whether e-cigarettes assist smokers in quitting cigarettes.

Published in the Lancet Respiratory Medicine journal, it concluded that e-cigarettes do not help smokers quit, and should not be recommended for that purpose until there is solid proof that they do.

E-cigarettes contain a liquid form of nicotine that is heated into vapor to be inhaled, avoiding the harm caused by tobacco smoke.

While there is little doubt that an e-cigarette is less dangerous than a conventional cigarette, the most dangerous thing about e-cigarettes is that many keep smoking conventional cigarettes too.

The irony is, that stopping smoking is one of the main reasons adults use e-cigarettes, but on the

whole it would seem the effect is less, not more, stopping.

Steven Bernstein of Yale School of Medicine, writing in a separate editorial published by The Lancet, said that despite concerns over the data and findings of the study, it did raise questions about the usefulness of e-cigarettes as a quitting aid.

The evidence for Hypnotherapy from previously satisfied clients, who have stopped smoking demonstrates that Hypnotherapy can help some people to stop, this includes stopping the use of e-cigarettes too. But is also means it can help you to change any habits that you want to change, If you are ready to stop, and ready to change a behaviour, Hypnotherapy could help you.

To speak to Michelle about becoming someone who used to smoke, or to find out if she can help you make changes to your life, call her on 07761773563



The Beauty Hideaway

THE Beauty Hideaway Portland is an exciting new beauty salon based in Osprey Leisure centre.

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www.facebook.com/Thebeautyhideawayportland/timeline

All Osprey Leisure Centre members get 10% off all treatments.



By Abi Jackson, Press Association

Chris Hoy's five top tips for becoming a better cyclist

With 11 World Championship track cycling wins and six Olympic gold medals - plus one silver - under his belt, Sir Chris Hoy certainly knows a thing or two about cycling.

Since announcing his retirement from competitive cycling in 2013, the Edinburgh-born 39-year-old is still passionate about bikes, and now spends much of his energy 'pedalling' his HOY Bikes and HOY Vulpine cycling clothing and accessories ranges.

The legendary bike-rider will be speaking and showcasing his latest product lines at the London Bike Show in February, but first, he shares his top tips for becoming a better cyclist...

BUY THE RIGHT BIKE FOR YOU

Bikes aren't one-size-fits-all, and designs can vary significantly. Also, ensuring your bike 'fits' you correctly will not only affect performance, but will play a big role in your comfort and avoiding injuries.

"It's important that your bike is suitable for what you intend to use it for. If I was purely commuting, I'd choose a hybrid like the Shizuoka, that can go anywhere and take pannier racks. Someone riding sportives would need something different. Ensuring the bike is the right size is crucial. Spend time with people in a bike shop, such as Evans Cycles, and get them to make sure the bike fits correctly. An ill-fitting bike will easily put you off riding."

GET FASTER AND FITTER BY RIDING INTERVALS

If you want to improve your fitness on the bike, it pays to factor in some training tactics.

"Time constraints often affect training, and it can be tough to make gains in the face of a busy work/life schedule. Intervals [which means alternating stints of high and low-intensity effort in one workout] help solve this problem, and often produce breakthroughs when your training has felt stale for a while. If you have a favourite climb, where there's not a lot of traffic, try doing 30 seconds of effort followed by 30 seconds recovery. If you are at home on the turbo and listening to music, you can incorporate this by riding hard for one song, and easing off the next. Make sure you have warmed up properly first, and try to do around five efforts to start with; and just make sure the likes of Bohemian Rhapsody don't get stuck on repeat."

SET SOME GOALS

You don't have to start big with your goals, but having

set targets to aim for will help keep you motivated, enable you to monitor your progress and improvements and ensure your efforts are rewarded.

"Setting yourself a target and writing these down can make the difference between achieving them or not. I used to set myself long-term goals, like becoming Olympic champion, but it's important to include shorter-term goals to help measure success and keep you motivated. It doesn't matter whether it's to be world champion or to ride your first sportive, it's important to have something to aim for."

INVEST IN SUITABLE CLOTHING

There may have been a time when the 'Lycra brigade' attracted sniggers, but there's a reason people invest in proper kit - in fact there are numerous reasons, including enhanced performance, comfort and even safety.

"One of my more recent projects has been developing my HOY Vulpine kit. Wearing the right kit really does make a huge difference in performance and your comfort - you wouldn't go running in a pair of leather shoes. Certainly get yourself a good pair of padded shorts, and make sure you dress appropriately for the weather, layering up when it's cold and keeping yourself dry when it's wet."

FUEL PROPERLY

Whether you're a weekend rider in it for the fun, or hoping to work on those personal bests in sportives, getting the nutrition and hydration right is important.

"If you are going for a ride, always remember to take something with you. There are plenty of nutritional supplements that make it easy to get the energy you need. Science in Sport [SiS] GO gels are a great way to get a quick energy boost on the bike, and also, remember it's crucial to stay hydrated. The best advice I can give is to drink little and often - as soon as you feel thirsty, you are already starting to dehydrate."



▲ Chris Hoy training : PA Photo/London Bike Show 2015.

Podiatrist / Chiropodist Lindy Parry

I HOLD my private chiropody clinic at Townsend House Surgery in Seaton.

I offer a range of treatments from a simple nail cut to nail surgery, and each treatment plan is priced accordingly.

The nail cutting only service is a shorter appointment and is ideal for those that don't have any other foot care needs. Others like to alternate nail cuts with chiropody treatments as it best suits their requirements. I always aim to work with the patient to find the best treatment plan to suit each individual. Patients feet are then monitored during treatment so that changes can be made should the need arise.

Diabetic patients who attend for chiropody will also have a diabetic foot assessment carried out during their first treatment, and will then be

monitored and re-assessed as necessary.

My chiropody clinics are available to anybody seeking help with their feet and Townsend House and I look forward to welcoming you.

Bookings can be made by calling 01297 22956.



Lindy Parry - Podiatrist / Chiropodist

(BSc Hons Podiatry, MChS, HCPC Registration number CH26100)

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Michelle is an experienced therapist an international lecturer with the London College of Clinical Hypnosis. For more information or to book an appointment or to see if she can help you call, or email.

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By Kate Whiting and Abi Jackson, Press Association

How do you rise and shine?



▲ PA Photo/thinkstockphotos.



▲ PA Photo/thinkstockphotos.

When you woke up this morning, what did you do? Leap out of bed, full of the joys of spring? Or clobber your alarm clock so hard, you need to buy a new one?

I got woken at 5.20am by the pitter-patter of tiny feet running into my bedroom - but only really woke up with a cup of Earl Grey, a bowl of porridge, and a hot shower (not all at once) an hour later.

It turns out the nation doesn't really feel awake 'til about 9.40am, according to Quaker Oats' #SuperStart survey, with 90% of us on autopilot first thing in the morning, a quarter of us skipping breakfast all together, and a quarter not ready to face the day until 10am.

The average worker says their productivity doesn't kick in until around 11.22am - and two thirds are more productive in the afternoon.

But there are all kinds of benefits to being an early bird, including greater willpower, which will help you make healthy choices, says psychologist Dr Linda Papadopoulos.

"Developing a morning routine allows you to assert your own authority over the day."

WHAT'S HAPPENING?

Whether we're a morning person or night owl is determined by our body's 'circadian rhythms', which Dr Papadopoulos explains, are the physiological processes that occur repeatedly on approximately a 24-hour cycle thanks to Earth's light-dark cycle.

Our rhythms can be measured by our body temperature and alertness - plus there's a surge in the hormone cortisol in the morning, while the production of melatonin in the evening helps us prepare for sleep.

In the olden days, we used to wake up at dawn and go to bed at dusk, but in modern life, Dr Papadopoulos says we're "outsourcing our circadian rhythms" to coffee and alcohol - a stimulant to wake us up and a relaxant to help us sleep.

Add to that the fact we're all staring at mobile phones, tablets and TVs late into the night, which emit a blue light that suppresses melatonin production - and it's no wonder we're finding it hard to wake up.

The good news is we can reset our body's biological clock to become better 'morning people', says Dr Papadopoulos: "To adjust your sleep cycle, do it slowly - avoid screen-time in the evenings, go to bed 15 minutes earlier each night, leave your curtains open and use the sunlight to cue your circadian rhythms."

HUSTLE BUSSELL

Quaker has teamed up with Strictly Come Dancing judge Darcey Bussell to give Britain an energy boost in the mornings. The mum-of-two, who developed and teaches DDMIX dance classes, is a big fan of having a morning routine - and eating a good breakfast.

"My alarm goes off 6.55AM every morning - and I never hit the snooze button!"

"As soon as I wake up, I either splash cold water on my face or jump straight in the shower. I put the radio on every morning as I find that good music picks me up."

"A simple bowl of Quaker Oats porridge first thing is the best breakfast to get me on the right track for the rest of the day. I often also have fruit for breakfast, usually apples, blueberries or strawberries with a glass of water and a green tea."

"I do the school run and then walk for 30 minutes with the dogs before I carry on with the rest of my day."

WHICH TYPE OF MORNING PERSON ARE YOU?

Take the test at www.facebook.com/QuakerOatsUK to find out which one you are...

LARK

The classic 'lark' personality. Likes to rise early and once they open their eyes feels quickly 'awake and sprightly'. This person tends to be most productive early on in the day. More likely to incorporate physical or outdoor activity into their morning routine. Mornings are your preferred time for getting exercise, and breakfast is your favourite meal of the day. Cheerful in the morning, but as the day progresses, energy levels decline, you get tired in the evening and usually go to bed early.

RISE

This person wakes promptly upon their alarm, but needs a little more easing into the day. Drawn to the peace and quiet of the morning, and like to take time to reflect on the day ahead before others are awake. Usually like to perform some rituals e.g. coffee in their favourite mug, staring at the view from a particular window. May be more likely to benefit from early meditation, mindfulness or yoga.

LO-FI

They begrudgingly wake with their alarm, but are not firing on all cylinders in the morning. As a result they struggle with the myriad tasks that the morning holds e.g. finding keys, locating an umbrella. Prone to underestimating the amount of time morning actions take e.g. hair and make-up, travel, so often arrives at work flustered or feeling behind on things.

SLUMBER

Hits the snooze button multiple times before they can even contemplate rising. Doesn't sleep until later on in the evening, either because they are socialising, working late, watching TV or reading. As a result, tends to feel fatigued and irritable in the morning. More likely to skip breakfast or grab something on the go. Often uses caffeine to help them.

TRIED AND TESTED

Abi Jackson chows down a new breakfast that packs an extra protein punch

WHAT IS IT?

myHi is a new range of snacks, breakfasts, lunches and dinners, and sports shakes and powders, enriched with extra protein - promising to deliver on flavour as well as nutrition. They're aimed to appeal to people following low-carb and high-protein diets, or anybody looking for convenient but nutrition-conscious foods.

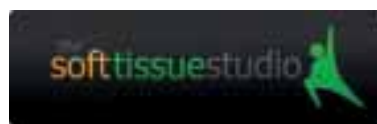
WHAT'S IT LIKE?

I've been trying the myHi Instant Oat Cereal with Raspberries, which comes as a box of five 40g sachets. In an ideal world, I'd always prepare my porridge from scratch, but it's handy to have something quick and easy - and healthy - for busy days or when I'm eating at work. With added whey protein, there's 8.2g of protein in each bowl of these myHi instant oats. Like most protein-pumped foodstuffs, they do have that slightly unnatural taste - but these are really enjoyable, and don't taste over-sweetened. Quick and simple to prepare, an easy and satisfying way to tick off that protein boost.



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LINDA Rock is a holistic therapist and Rosen Method Body Work Practitioner, and also a general and psychiatric nurse RGN RMN.

Linda's heart's desire, and her passion, is to get to the heart of the matter. To live an authentic and fulfilling life. It is this passion that she brings to her work, encouraging and supporting clients to be all that they are.

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The Beat goes on

FORMED in Birmingham in 1978, as part of the West Midlands ska revival scene that also produced The Specials and The Selecter, The Beat's first single was an arresting version of Smokey Robinson's 'Tears Of A Clown', given a completely new feel, and was backed with their own composition 'Ranking Full Stop'.

Fast-forward to 2016 and the band are still as fresh and relevant as ever. With the inclusion of Ranking Junior - Roger's son - taking vocal duties to an accolade of critical acclaim and Dave Wakeling heading to the US, The Beat return to their roots and will raise the roof once more at Dorchester's Corn Exchange on Thursday, April 7th.

One of the biggest bands of the 2-Tone movement, The Beat will present an unwavering dedication to their wall of sound that transcends time. Their ska fusion rhythms never fail to ignite a crowd as seen previously in Dorchester Corn Exchange as part of the biennial Dorchester Festival in 2014.

They are known the world over for a string of hit singles, including Mirror in the Bathroom, Too Nice To Talk To, Can't Get Used To Losing You, Hands off She's Mine and All Out To Get You. Their songs of peace, love and unity fuse ska, pop, reggae and punk rock to produce

an inimitable dynamic live show.

The support on the night is up and coming alt indie band The

RPMs. Originally from Dorchester they describe themselves as, "a rock band not afraid of a good pop tune". Comprising of Jack Valero (lead vocals & rhythm guitar), Miguel Cosme (bass & backing vocals) and Callum James (drums) this now Brighton based band are inspired by the likes of Tom Petty, The Jam and The Libertines, but with a little something all their own.

Having supported The Beat at many venues across the UK already including The Open in Norwich, they have also opened for Wolf Alice and Rudimental at the Glastonbury Pilton Party in 2015. By all accounts their signature killer hooks will 'take up lodgings in your subconscious that won't be budged by a billion bailiffs' so this promises to be the perfect warm up to a great night of ska rhythms.

For booking and further information call Dorchester Arts box office 01305 266926 or visit www.dorchesterarts.org.uk



Ranking Roger and Ranking Junior of The Beat



The RPMs

The return of The Showstoppers



BRIDPORT Musical Theatre Company presents 'Showstoppers 5'.

After their award winning production of 'West Side Story' last summer, the successful Bridport Musical Theatre Company take to the stage again with their annual production of 'Showstoppers'. This musical show of song and dance always proves popular with audiences and features hits from musicals from both stage and screen.

In August the company will be staging the hit musical 'Crazy For You' at The Electric Palace, if you have

an interest in musical theatre and would like to join the company auditions will be held in April. For more information contact Dave Swaffield on 01308 422708 or 07757251929.

'Showstoppers 5' will be held at Bridport Arts Centre from Tuesday, April 5th - Friday, April 8th. The company are renowned for their sell out performances, therefore it is advisable to book in advance. Tickets are available from Bridport Arts Centre.

Box Office 01308 424204 or online at www.bridport-arts.com




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Presents

SHOWSTOPPERS

A Evening of Song and Dance

Songs from the Musicals from stage and screen

5

Bridport Arts Centre
Tuesday 5th - Friday 8th April 2016
Evening Performance 7.30pm
Tickets available from the box office tel: 01308 424204
Book online www.bridport-arts.com

Comedy Café's Big Night Out



MOCK THE WEEK regular Angela Barnes is coming to Bridport to headline the Arts Centre's first Comedy Café 'Big Night Out' show.

The BBC New Comedy Award winner was last at the venue as tour support for Alan Carr and now has a glittering TV career of her own with appearances on the likes of Stand Up for the Week, Russell Howard's Good News and Alan Davies As Yet Untitled as well as regular appearances on BBC radio 4. Angela's personable, self-deprecating style has made her one of the most exciting new acts to emerge on the scene in recent years and her gag rate and observational skills are second to none so is sure to be the perfect act to launch the new venture.

Supporting Angela on Friday, March 25th will be Ignacio Lopez, as seen on ITV's 'Show Me The Funny' and Welsh funnyman Rob Hughes who last year performed in Bridport at last year's Jurassic Fields Festival.

The Big Night Out show is a new departure for the Arts Centre's regular comedy café night. The Comedy café, established in 2011 in the venue's Art Garden café, has recently moved to a Wednesday evening. The 'Big Night Out' shows will run at less regular intervals throughout the year on a Friday night and feature three headliners, including a TV name to close the show.

The Wednesday night shows will continue to run on a monthly basis in the more intimate café environment, featuring circuit headliners and the best new acts from the south west and beyond.

Comedy Café resident MC, Bridport's own Tom Glover, will host the new 'Big Night Out' show and personally hand pick the line ups from the best of the UK circuit.

The BAC Comedy Café will be at 8pm on Friday, March 25th. Tickets are £8 adults/£6 concessions and available from the arts centre box office on 01308 424204 or on-line at www.bridport-arts.com.

Olivier award-winning show steams into Bridport

Arts Centre to show The Railway Children

Bridport Arts Centre will screen The Railway Children (2016) this Easter Monday (28th March). The film is of York Theatre Royal's Olivier award-winning production performed in summer 2015 at the National Railway Museum, Yorkshire. Tickets are on sale now.

The film captures Mike Kenny and Damian Cruden's imaginative stage adaptation of E. Nesbit's cherished novel on its return to its Yorkshire roots, and features the original locomotive from the much-loved original 1970 film.

The Railway Children follows the story of Roberta (Bobbie), Peter and Phyllis, three sheltered siblings who suffer a huge upheaval when their father, who works for the Foreign Office, is taken away from their London home and (falsely) imprisoned. The children and their mother, now penniless, are forced to move from London to rural Yorkshire near a railway line. The story deals with themes of justice, the importance of family and the kindness of strangers.

Filmed with seven cameras by an expert team, who navigate the unique staging including moving platforms, props and rail carts, the film captures every moment of the fast-paced production.

The film of The Railway Children is directed by International Emmy award-winning Ross MacGibbon, whose recent stage-to-screen adaptations have included Matthew Bourne's Swan Lake, The Importance of Being Earnest with David Suchet and Shakespeare's Measure for Measure from The Globe Theatre. Martin Barras (Emmerdale, The Bill, Heartbeat) gives a standout performance as Albert Perks.

York Theatre Royal's stage production of The Railway Children was directed by award-winning Artistic Director of York Theatre Royal Damian Cruden (The York Mystery Plays 2012, Brassed Off, The Wind in The Willows). It was first performed at National Railway Museum in 2008 and toured the world to huge critical acclaim, and is now returning home to a purpose-built theatre.

The Railway Children will be shown at Bridport Arts Centre on Monday, March 28th. Tickets are £12 /£9 from www.bridport-arts.com or by calling 01308 424204.



The Magic Beanstalk at The Marine Theatre

THIS spring Light Theatre are touring their sell-out show, The Magic Beanstalk and we are thrilled to be hosting the show in Lyme Regis on Tuesday, March 29th at 3pm.

Beautiful hand carved puppets and amazing experiments are used to retell the classic story of Jack and the Giant who lives through the clouds and over the rainbow.

The show, designed for children between the ages of 5 – 11, is made in Cornwall by a team who have worked alongside Kneehigh Theatre, The Little Angel Theatre and The Eden Project. The performing team is Rachel Leonard (War Horse (RNT); A Very Old Man With Enormous Wings (LAT/Kneehigh), Venus and Adonis (RSC)); Jenny Beare (storyteller (The Eden Project), Rambles (Kneehigh)); and Mae Voogd (Wolf Child (Wild Works)).

Jack, his mum and their cow Daisy are

in trouble. Their house is leaking, the phones cut off, there's no food in the fridge – and they've got NITS! Something's got to change and what happens next is an exciting adventure for all girls and boys who believe in magic.

The production is a unique blend of theatre and science. "We wanted to create a magical, memorable and worthwhile experience for children and their families ... it's incredibly exciting working with very experienced puppet makers, performers and scientists to create the show." Charlotte Bond, artistic director, Light Theatre.

The Magic Beanstalk comes to the Marine Theatre, Lyme Regis on Tuesday, March 29th, 3pm. Tickets are £8, or concessions £7.00, Under 12s £5 (from box office only, not online bookings)/ TheatreFriends discount available/ Ages 5+ Running time: 50 mins (approx).

Mystery masterpieces for sale

THE Marine Theatre, Lyme Regis is to hold a special Mystery Masterpiece Art Sale on Monday, April 4th, from 11am-9pm. Many talented local artists have donated their work to support fundraising for this flourishing and vibrant venue for the Arts which is in need of physical regeneration.

Inspired by the recent grant from the Coastal Revival Fund and Lyme Town Council to repair the roof there are now plans to renovate indoor areas of the building.

It is a 'mystery' sale because the artwork, priced at an affordable £40 each, will be exhibited without the name of the artist visible, the artist's name being revealed only after the picture is sold.

The event will be a festive day and evening in the Theatre, with refreshments and live music on Monday, April 4th from 11am to 9pm.

Details about the Marine Theatre programme can be found at www.marinetheatre.com

Comedy Cafe

Big Night Out

Friday 25 March, 8pm

Angela Barnes

Star of Mock The Week & BBC New Comedy Award Winner

Also featuring:

Comedy Cafe MC Tom Glover, Rob Hughes & Ignacio Lopez.

Tickets £8 / £6
www.bridport-arts.com
01308 424204

BRIDPORT
ARTSCENTRE

MARINE THEATRE LYME REGIS

See you in the
Marine Theatre Bar!

POP-UP OPERA PRESENTS BELLINI'S CAPULETS & MONTAGUES

Monday 28th March

7.30pm. Full price: £18 / Concs. £15

TheatreFriends discount available

LYT members can come for £1!

Pre-theatre menu available at

French Lieutenant's Bistro

(booking essential)

Bellini's bel-canto opera

based on Romeo and Juliet



FRIDAY 25TH AND SATURDAY 26TH MARCH BEER FEST/ VARIOUS TIMES/ ALL TICKETS £5 ON THE DOOR CELEBRATION OF LOCALLY BREWED BEERS AND CIDERS

THE MAGIC BEANSTALK

Tuesday 29th March

2.00pm. Full Price £12

Concs. (under 12s & students) £5

TheatreFriends Discount available

Using instruments and bows from the 18th century,

they will be playing Haydn Prussian Quartets,

Mozart Prussian Quartets and Abel Op.8 No.2.



BOX OFFICE: LYME REGIS TIC 01297 442138 OR
BUY ONLINE AT WWW.MARINETHEATRE.COM

SUPPORTED BY LYME REGIS TOWN COUNCIL AND WEST DORSET DISTRICT COUNCIL

This week's new cinema

BATMAN V SUPERMAN: DAWN OF JUSTICE ^{12A}
FEARING the actions of Superman are left unchecked, Batman takes on the man of steel, while the world wrestles with what kind of a hero it really needs. With Batman and Superman fighting each other, a new threat, Doomsday, is created by Lex Luthor. It's up to Superman and Batman to set aside their differences along with Wonder Woman to stop Lex Luthor and Doomsday from destroying Metropolis.
Stars Ben Affleck, Henry Cavill, Jesse Eisenberg, Gal Gadot and Amy Adams

ZOOTROPOLIS ^{PG}
IN a city of anthropomorphic animals, a rookie bunny cop and a cynical con artist fox must work together to uncover a conspiracy. Voices from Ginnifer Goodwin, Jason Bateman and Idris Elba.

MY BIG FAT GREEK WEDDING 2 ^{12A}
A PORTOKALOS family secret brings the beloved characters back together for an even bigger and Greekier wedding. Stars Nia Vardalos, John Corbett and Michael Constantine

WELCOME TO ME ¹⁵
WHEN Alice Klieg wins the Mega-Millions lottery, she immediately quits her psychiatric meds and buys her own talk show.
Stars Kristen Wiig, James Marsden and Linda Cardellini.

Cinema Listings

Fri, Mar 25th - Thu, Mar 31st

ALL LISTINGS ARE SUBJECT TO CHANGE

LYME REGIS REGENT
Tel: 0871 230 3200
www.scottcinemas.co.uk

Kung Fu Panda 3 ^{PG}
Fri-Sun, Tue-Thur: 14.20
Monday: 12.30, 17.50
Batman Vs Superman: Dawn of Justice ^{12A}
Fri-Sun, Tue-Thur: 16.40, 20.05
Mon: 20.05
The Railway Children ^U
Mon: 15.00
Miss Julie ^{12A} Thu: 10.30am

DORCHESTER ODEON
Tel: 0871 22 44 007
www.odeon.co.uk

Batman Vs Superman: Dawn of Justice ^{3D} ^{12A}
Fri & Sat: 19.00, 22.30
Sun-Thur: 19.00
Batman Vs Superman: Dawn of Justice ^{12A}
Fri: 15.40, 20.30, 21.00
Sat: 12.20, 15.40, 20.30, 21.00
Sun-Thur: 12.20, 15.40, 20.30
Capture The Flag ¹⁵
Sat-Thur: 10.00am
Zootropolis ^{PG}
Fri-Sun: 9.50, 12.30, 15.10, 17.50
Mon: 10.30, 13.00, 15.30
Tue-Thur: 10.30, 13.00, 15.30, 18.00

BRIDPORT ELECTRIC PALACE
Tel: 01308 428354
www.electricepalace.org.uk/films
Preview: Our Kind of Traitor ¹⁵
Wed: 19.30
From Page To Screen Festival
Weds Mar 30th - Sun April 3rd

WEYMOUTH CINEWORLD
Tel: 0871 200 2000 • www.cineworld.co.uk

10 Cloverfield Lane ^{12A}
Daily: 15.15, 17.30, 20.10
Alvin and the Chipmunks: The Road Chip ^U
Daily: 12.00
Batman Vs Superman: Dawn of Justice ^{2D} ^{12A}
Daily: 10.10, 11.00, 12.00, 14.10, 15.10, 17.20, 18.50, 20.30, 22.00
Batman Vs Superman: Dawn of Justice ^{3D} ^{12A}
Daily: 13.20, 16.30, 17.50, 19.40, 21.00
Capture The Flag ^{PG}
Fri, Mon, Wed, Thu: 10.00am, Sat: 10.45am
Kung Fu Panda 3 ^{2D} ^{PG}
Fri, Mon-Thur: 10.45, 11.45, 13.00, 14.00, 16.15
Sat-Sun: 11.45, 13.00, 14.00, 16.15
London Has Fallen ¹⁵
Daily: 18.20
My Big Fat Greek Wedding 2 ^{12A}
Fri-Wed: 14.10, 16.25, 18.30, 20.45
Norm of the North ^U
Fri-Mon, Wed, Thu: 10.00am
The Boy ¹⁵
Fri-Sat: 21.10, Sun, Mon, Wed, Thu: 20.40
Divergent Series: Allegiant ^{12A}
Fri-Sat: 20.40
The Witch ¹⁵
Fri-Sat: 22.20, Sun: 21.05, Mon, Wed, Thu: 21.30
Zootropolis ^{2D} ^{PG}
Fri-Sun: 11.20, 12.40, 13.50, 15.10, 16.20, 17.40, 18.40, 20.00
Mon, Wed, Thu: 11.20, 12.40, 13.50, 15.10, 16.20, 17.40, 19.00
Zootropolis ^{3D} ^{PG}
Fri-Mon, Wed, Thu: 12.00, 14.30

Leaper, A Fish Tale

Family show set to make waves in changing attitudes towards our oceans

ALTHOUGH it sounds like a children's tale, the reality is that fish are slowly starting to disappear from our rivers and seas. Research shows that wild fish could be a thing of the past by 2048. Leaper: A Fish Tale follows one fish's magical quest against the ever-growing natural and man-made monsters in our waters. How can one little girl help to stop this?

Supported by Arts Council England, Lyric Hammer-smith, Brighton Dome, National Aquarium Limited and Sea Changers, Leaper will tour to theatres, schools and aquariums around the UK and is stopping by at Dorchester Corn Exchange on Friday, March 25th at 3pm.

Using their signature blend of beautiful puppetry and mesmeric music, Tucked In Productions explores the colourful and breath-taking world beneath the water's surface. Following their highly-acclaimed productions of Sam Rose in the Shadows, The Golden Cowpat and Tim & Light, Leaper: A Fish Tale promises to be Tucked In's most ambitious family show yet - challenging, dark, never patronising and, most importantly, truly original.

Hal Chambers, Artistic Director of Tucked In Productions says, 'I believe the ultimate key to conservation is education. During our research children found that the idea of destroying one of the most bountiful natural resources was utterly silly! I think we are born with an inherent spirit of conservation and once we grow up we lose a little of that. That is why creating a puppetry production for children about the future of fish is so interesting. It is the next generation who are going to be most affected by our present mistakes. We believe the best way for people to connect with these issues is through story and Leaper will be moving, funny and extremely powerful.'

Leaper: A Fish Tale will prompt inter-generational conversations about what we can do to help this situation. If Leaper is able to prompt more debate amongst children on these important issues, perhaps their young minds can help to discover a way to create a sustainable future for life in our waters.'

Leaper was originally inspired by Steve Keay, a Tucked In audience member and Unit Manager of a salmon reconditioning unit for the Tay District Salmon Fisheries Board in Perth, Scotland. Since meeting Steve in 2013 Tucked In have conducted research directly with marine biologists, social ecologists and school children.

Leaper brings together some of the most exciting theatre makers in the UK including design team Claire Harvey (The River People) and Annie Brooks (Colossal Crumbs), composer Jim Harbourn (Tortoise in a Nut-shell), lighting designer Tom White (Propeller) and producer Steph Connell (Frantic Assembly).

A poignant theatre treat for the whole family to enjoy this Easter.

For tickets and further information call Dorchester Arts box office 01305 266 926 or visit the website at www.dorchesterarts.org.uk



Visit **DORCHESTER MARKET** every Wednesday 8am-2pm
and **DORCHESTER CAR BOOT** every Sunday 7am-1pm
at Weymouth Avenue, Dorchester DT1 1QS
Plus **WIMBORNE MARKET** every Friday, Saturday & Sunday BH21 1QU
Hotline Keith on 07887 918932
or Ed on 07889 438491

View 2 Diary Dates

WEDNESDAY MARCH 23RD

DORCHESTER: Local singer Christina Jeavons returns to Evergreens Social Group at Age UK, 1.45pm. Miss Jeavons is a musical theatre performer with an extensive repertoire including many songs from Broadway and the West End. Everyone welcome. Entry £1.50, includes tea and biscuits. For more details call 01305 269444.

UPLYME: Uplyme and Lyme Regis Horticultural Society talk on Soft Fruit, Pests and Diseases given by Robert Cook of the Farming Advice Service. Robert was born locally and travels widely advising commercial growers. Tea/coffee and biscuits will be available before and after the talk which begins at 7.30pm in Uplyme Village Hall. It is free to members, £3 for visitors. The strawberry plants to grow on for the Summer Show will be available at this meeting.

THURSDAY MARCH 24TH

WEYMOUTH: The Crafty Pilgrims craft group meet every Thursday, 2-4pm at Pilgrim House, Hope Square. Whatever your craft bring it along and join us. We are a friendly group and enjoy meeting and exchanging ideas. £2 a session. For more details please contact Maureen on 01305 787362.

THURSDAY 24TH - WEDNESDAY MARCH 30TH
LYME REGIS: In this solo exhibition, titled A Quest for Tranquillity, David Manners confirms his growing reputation for peaceful seascapes and tranquil portraits in a collection of oil paintings that represent his striving for inner peace. The Malthouse Gallery, The Town Mill, Mill Lane, Lyme Regis DT7 3PU. Open daily; 10.30am-4.30pm. Free admission. www.townmill-arts.co.uk or www.townmill.org.uk

FRIDAY MARCH 25TH - SUNDAY APRIL 10TH

LYME REGIS: There will be fun for all the family at The Town Mill over Easter: grain bunnies to identify, lucky dip, miller-led tours, as well as visits to the Courtyard Cafe, the Lyme Regis Brewery and a host of artisan studios (jewellery, pottery, stonemasonry) and two art exhibitions. The Town Mill, Mill Lane, Lyme Regis DT7 3PU. The Mill is open weekdays 11am-2pm and weekends 11am-4pm. Studios, galleries, cafe and brewery usually open daily 10.30-4.30. www.townmill.org.uk

SATURDAY MARCH 26TH

LODERS: Lodgers Young Players Bumper Jumble Sale and Coffee Morning at Lodgers Village Hall. 10am-12noon. For more details call 01308 456222 or 420767.

SUNDAY MARCH 27TH

LYME REGIS: Shopping & Gift Fayre at the Lyme Regis Marine Parade Shelters from 10am to 5pm. A wide range of products from local traders and crafters displaying a variety of unique products.

MONDAY MARCH 28TH

BURTON BRADSTOCK: Bionanza at Othona. Express, Connect, Relax! Dance like no one's watching, no steps to learn, no partner needed, uplifting world music and holistic health benefits. For all ages from 19 to 90. 7.15pm for 7.30pm. For those who have attended 5 or more Bionanza sessions. £7 (concs available). At Othona Community, Coast Road. For more details call 01308 897 130 or visit bionanza-bridport.co.uk

BEAMINSTER: Easter Egg Trail at Mapperton Gardens, 11am-3pm. Explore the hidden grottoes, winding paths and sunken gardens in the quest for clues, with a guaranteed prize for each child. Entry for the trail is £3 for children. Parents must accompany young children in the Gardens as there are water features. Adult entry to the gardens is half price at £4.50 per person in March. Mapperton House opens for guided tours from Sundays to Thursdays from Easter Sunday, until 31 October. A ticket to visit the house and gardens is £12 for adults, free for children (5-15 yrs). More information at www.mapperton.com

TUESDAY MARCH 29TH

LYME REGIS: The Lyme Regis Society will be hosting a talk on Rhode Hill House given by Audrey Standhaft at 2.30 pm, Woodmead Hall. All Welcome.

THURSDAY MARCH 31ST

WEYMOUTH: The Crafty Pilgrims craft group meet every Thursday, 2-4pm at Pilgrim House, Hope Square. Whatever your craft bring it along and join us. We are a friendly group and enjoy meeting and exchanging ideas. £2 a session. For more details please contact Maureen on 01305 787362.

THURSDAY APRIL 7TH

BRIDPORT: Bridport Electronic Organ & Keyboard Club concert with Penny Weedon at the United Church Hall, Easter Street, 7.30pm. Admission £7.50 members, £9 visitors. With refreshments. For more details call 01460 735500.

SATURDAY APRIL 2ND

BRIDPORT: Bridport Folk Dance Club's annual dance, 'Miss Mayne's Party', with 'The Weston Country Dance Band' and caller Aileen Wills and a floor spot by Wyld Morris, at Church House (St Mary's) Hall, South Street, Bridport DT6 3NW. Bring and Share finger food supper, with some soft drinks provided; bring your own alcohol. Doors open 7.45 for 8.00 -

11.00pm dance. Tickets £7.50 on the door, but pre-booking/purchase is advised from 'The Music Shop', South Street, 'The Lime Tree' Deli, West Street, or call 01308 423 442 or 01308 898 002.

BRIDPORT: Quiz in aid of Bridport Millennium Green, 7.30pm, at British Legion Hall, Victoria Grove. £6 inc supper. Teams of 4-6, or come along and make up a team. Bar, raffle and Chinese bingo. Details Sue Wilkinson 01308 425037.

BRIDPORT: Bridport & District Gardening Club Spring Show. In the United Church Hall. Doors open 12noon, light refreshments, and a raffle will be drawn after presentation of trophies at 3pm. Schedules are available at bridportgardeningclub.co.uk and entries close on Wednesday, March 30th at 7pm.

WOOTTON FITZPAINE: Piccalilli Opera at St Paul's Church, from 7pm.

THURSDAY APRIL 7TH

WEYMOUTH: The Crafty Pilgrims craft group meet every Thursday, 2-4pm at Pilgrim House, Hope Square. Whatever your craft bring it along and join us. We are a friendly group and enjoy meeting and exchanging ideas. £2 a session. For more details please contact Maureen on 01305 787362.

DORCHESTER: The West Dorset Health Service Retirement Fellowship will meet at 2pm in the Boys Brigade Hall, Sawmills Lane, Dorchester DT1 2RZ when Dr Peter Down will give a talk on Mabel Stobart: A Dorset Woman at War. We shall also be booking for our first outing of the year which is to Plymouth Gin. The West Dorset Health Service Retirement Fellowship was set up over 30 years ago for retired employees of the Health Service and their partners living in Dorset and meet on the first Thursday of every month except August and December. In addition to the monthly meetings, we have coach outings, a theatre trip and Christmas lunch. New members welcome. Contact 01305 261676 or 785546 for further information. Annual subs are now due.

FRIDAY APRIL 8TH

LYME REGIS: Lyme Bay Photographic Club. Jubilee Cup competition - mini AV presentation telling a story, 3 minutes duration, 20 PDIs followed by Members' Evening. At Woodmead Halls, Hill Road, 7.30pm.

LYME REGIS: U3A Heritage Coast. 'The Edwardian Garden'. Illustrated talk by Yvonne Bell. A colourful and nostalgic look at the gardens of interesting people of the period - Rudyard Kipling, 'My Darling Daisy' Warwick, Beatrix Potter, Louis Comfort Tiffany, and several others. Woodmead Halls, Hill Road, Lyme Regis DT7 3PG. Coffee/tea from 10.00am, talk at 11.00am. Free for members, suggested donation for talk £2 to non-members. More information about the U3A at website lymeregisu3a.org or phone 01297-444566.

SATURDAY APRIL 9TH

WEYMOUTH: Seashore foraging walk. 12:00 pm - 3:30pm. Contact info@hedgerow-harvest.com or visit www.hedgerow-harvest.com.

SUNDAY APRIL 10TH

BEAMINSTER: Mapperton House and Garden Charity Plant Fair. 10am-4pm. Admission £3, proceeds to the Dorset and Somerset Air Ambulance. For more details call 07712 886104 / 01460 242620.

BRIDPORT: Aquafit at 10.30 and Babies classes at 11.30, Highland's End swimming pool, Eype. Have fun in the water while keeping fit. Children's swim-fit lessons also available. Call Penny Yarnold on 07970 879047 for more details.

MONDAY APRIL 11TH

BURTON BRADSTOCK: Bionanza at Othona. Express, Connect, Relax! Dance like no one's watching, no steps to learn, no partner needed, uplifting world music and holistic health benefits. For all ages from 19 to 90. 7.15pm for 7.30pm. Open to all. £7 (concs available). At Othona Community, Coast Road. For more details call 01308 897 130 or visit bionanza-bridport.co.uk

BEAMINSTER: Moviola presents 'Lady In The Van' (cert 12a). At Beaminster Public Hall, 7.30pm (doors 7pm). Tickets from Yarn Barton (01308 862715) weekdays 9.30-12.30 and Saturdays 9.30-1pm, or call 01308 861746. £5 in advance, or £5.50 on the door.

TUESDAY APRIL 12TH

UPLYME: Uplyme and Lyme Regis Horticultural Society first coach outing of the year, to Knightshayes, a National Trust property near Tiverton. Book now to secure your place - NT members £8.50, non-members £16 - non-members of ULRHS pay £3 extra. Book with Jenny Harding on 01297 444034.

THURSDAY APRIL 14TH

DORCHESTER: Plant Heritage Dorset's Group. 'Hardy Perennials' - a talk by Marina Christopher of Phoenix Perennial Plants, Alton. At Conference Room, Kingston Maurward College, 7.30pm. Refreshments, raffles, plant sales. Visitors £2.50, students £1 at the door.

DORCHESTER: Thursday Group meeting at St George's Church Hall. Kay Townsend will give a presentation entitled 'My life on the fairgrounds'. 2.15pm. Followed by refreshments. Entry £1 includes a cup of tea and biscuit. For more details call 01305 259755. All welcome.

ViewJobs

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email natalie@pemedial.co.uk
fax 01297 445607

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To work nine days in a three week rota, to include one weekend in three.
Some cooking duties required.
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Phone Marie on 01297 442483 or 07545 352588
email : shire@sentrycare.co.uk
Sidmouth Road, Lyme Regis DT7 3ES

BRIDPORT TOWN COUNCIL

**PROJECT MANAGER AND
COMMUNITY INITIATIVES OFFICER**
(SCP 31 £27,123 p.a. full time, fixed term for 2 years)

JOB VACANCY

Bridport Town Council is looking to recruit an experienced and dynamic person to provide project management support to key local initiatives, including the Bridport Local Area Partnership, Bridport Area Neighbourhood Plan and the Bridport and West Bay Coastal Community Team.

Further information and an application pack is available from Bob Gillis, Town Clerk, Bridport Town Council, Mountfield, Bridport, Dorset DT6 3JP (Tel:01308 456722 - r.gillis@bridport-tc.gov.uk) or on the Town Council's web site www.bridport-tc.gov.uk. Completed forms must be returned by no later than 9am on Monday 18 April 2016.

St Michael's CE (VA) Primary School and Pre-School, Lyme Regis

Permanent Part-Time Position

The Governors are delighted to invite applications to join our dedicated team at St Michael's Primary School and Pre-School Team.

St Michael's Pre-school requires a permanent Early Years Practitioner to Lead our Pre-School.

This will be a Pre-School Leader post.

Five mornings, 20 hours a week, term time only, to start ASAP

Grade 7 (pt 19) £9.52 per hour

Deadline for applications: **Monday 4 April 2016**

Interviews week beginning: **TBC**

Please find the job description, person specification and application details through Dorset For You at www.dorsetforyou.com

Please apply through www.dorsetforyou.com

Visits to the school are encouraged.
Address: King's Way, Lyme Regis, Dorset DT7 3DY
Telephone: 01297 442623
Email: office@stmichaelslyme.dorset.sch.uk

St Michael's School values the diversity of our workforce and welcomes applications from all sectors of the community. St Michael's CE VA Primary School is committed to safeguarding the welfare of children and young people; this is a commitment which we expect all staff and volunteers to share. The successful candidate will be required to have a Disclosure and Barring Service check inline with Governments Safer Recruitment guidelines.

We're HIRING!

Would you like to be part of the Bridport Leisure Centre team?

We currently have the following vacancies:

- Full Time, Part Time and Casual Centre Assistants

Visit our Job Vacancies page at:
www.bridportleisure.com/job-vacancies

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WE ARE LOOKING TO RECRUIT

A Plant fitter / delivery driver to join our team.

Preferably with HGV licence or 7.5 Tonne lorry licence

Apply:- Graham Evans
01308 422446

Cleaners required in Lyme Regis

to work nights 1am-7.30am Mon-Fri.

Call Tina 07961 295 594

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NATALIE@PEMEDIA.CO.UK**

Assistant Cook required at Charmouth Primary School

17.5 hours a week
Monday - Friday 10am-1.30pm
(term time only plus 5 inset days)

For further information and to apply, please visit www.dorsetforyou.com/jobs
Closing date 8th April

PUBLIC NOTICE

**TOWN OF BRIDPORT
ANNUAL TOWN MEETING**

Notice is hereby given that the Town Mayor is to convene the Annual (Parish) Meeting for the Town of Bridport, to be held at the Town Hall, Bridport on Tuesday 5 April 2016 at 7.00 pm.

This is an opportunity to hear about the work of the Town Council and other local organisations supported by the Council. All local government electors for the parish of Bridport are welcome to attend and can also raise other items. It would be helpful to have advance notice of any items to be raised at the meeting. Light refreshments will be provided.

For more information and to give notice of any items to be raised, please contact the Town Clerk.

Bob Gillis, Town Clerk, 01308 456722
r.gillis@bridport-tc.gov.uk
22 March 2016

ADVERTISE FREE*

HOUSEHOLD ITEMS FOR SALE - up to the value of £2,000!

Name

Address

Telephone Number

Submit your FREE advert by post:
Bridport I.F.S, Unit 3, St Michael's Business Centre, Church Street, Lyme Regis, Dorset DT7 3DB.

To submit by email please contact Sophie on: **sophie@pemedial.co.uk** with the subject as 'Items for sale Dorset'

Please note: we are unable to take advertisements by telephone or fax

Advertisements will appear in: View From Bridport, View From Dorchester, View From Beaminster, View From Lyme Regis, View From Weymouth and View From Portland

Deadline 12pm every Monday

*Household items only - offer excludes property, livestock, tobacco, alcohol, firearms and vehicles. Private sales only (no trade). We cannot accept liability for loss or error.

DRIVE SALE

DRIVE SALE

Monday 28th March

Various household items.

Wheelside,
West Road
Bridport DT6 5JT

**To advertise please call
Natalie Edmeades
on 01297 446145**

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OR VISIT **HILLARYS.CO.UK**

HILLARYS

Selected items.
T's & C's apply.

CAT FOR REHOMING

I urgently need to rehome my cat, Mimi.

She's four, a pretty tortoiseshell with a striking face, neutered and microchipped. She's healthy and friendly, good with children and can get on with another cat or a dog - she has shared her home with a Dandie Dinmont terrier. She likes to be free to go out a lot, and loves an evening fireside.

**Please contact
Lesley
on
01308 456079
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Property View

PACKED SYMONDS AND SAMPSON BRIDPORT OFFICE FOR LANDLORD'S EVENING



WITH new legislation and tax changes for landlords and second home owners, Symonds & Sampson saw their Bridport office packed with both existing and potential landlords looking for expert advice at a Landlords Evening last week.

'There we so many attendees, we were unable to advise everyone individually; luckily I had prepared a talk that covered all the relevant topics!' commented Partner & Head of Lettings Rachael James. 'Rachael covered some 14 pieces of legislation, 6 of which have come in over the last year including EPC ratings, Legionella bacteria, the right to rent, smoke & carbon monoxide alarms, condensation and the Immigration and Deregulation Act. All the subjects were thought provoking and created many questions which

stimulated a group discussion with everyone sharing experiences both good and bad!'

Stephen Potter a Tax Advisor from Scott Vevers accountants in Bridport, also spoke in depth about the tax changes affecting landlords.

'The growing popularity of these events shows the buoyancy of the buy-to-let market regardless of the stamp duty changes' added Lettings Area Manager Lucy Nolan. 'Potential investors still see buy-to-let as an attractive long term asset and our Landlord Evenings provide essential information allowing landlords to make an informed decision.'

Rachael said "many landlords have historically managed their

own properties; however with more and more changes in the law it is becoming increasingly difficult to keep up. Symonds & Sampson's letting agents are ARLA qualified and offer expert advice and competitive rates for clients at all levels of management."

Further events will be held throughout the year across the south west region with the next event in Sherborne on 14th April. Please contact Rachael James or Lucy Nolan for further information or to book a one to one appointment.



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WOOTTON FITZPAINE - £595,000



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- Three ground floor bedrooms, plus 1st floor Master bedroom with balcony
- Double garage, parking and garden • EPC rating F

VILLAGE LOCATION

WOOTTON FITZPAINE - £359,500



- Immaculately presented Detached Bungalow • Two double bedrooms
- Spacious lounge / diner • Good sized gardens backing onto fields
- Garage and parking • EPC rating E

VIEWS

MORCOMBELAKE - £599,995



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- Further detached two bed cottage for renovation
- Terraced gardens and parking for several cars • Rural location • EPC rating D

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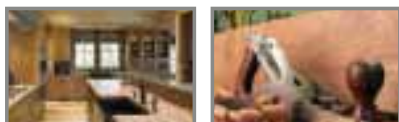
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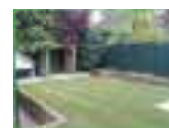
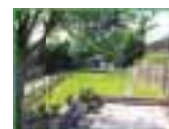
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Korando Sports - Loaded with value!

SSANGYONG is earning a solid reputation for value and quality, and nowhere is this more evident than with its Korando Sports 1 tonne pick-up.

Korean engineered and built, the Korando Sports has a reputation for durability, and is the only pick-up to come with a 5 year limitless mileage warranty. The range now comprises three models, the S, SX and EX with prices from just £14,495 - £18,195 (ex VAT).

Limited edition DMZ

Based on the top of the range EX automatic, the new Korando Sports DMZ is a limited edition model featuring full camouflage paintwork, roof rails and 18" alloy wheels, and priced at £19,195 (ex VAT).

Commented Paul Williams, CEO of SsangYong Motor UK, "With its keen price and comprehensive list of standard equipment, Korando Sports gives you a lot of vehicle for the money - from £14,495 (ex VAT), and the reassurance of a 5 year limitless mileage warranty for complete peace of mind.

"It can be loaded like a truck yet still drives like a car, and really is the best value pick-up you can buy!

"The DMZ is a bit of fun. We ordered a short run initially but they were instantly snapped-up by our dealers, so we think it could prove particularly popular with

owner drivers."

Korando Sports is powered by SsangYong's e-XDi 2 litre diesel engine, and provides maximum power of 155PS and peak torque of 360Nm delivered between 1,500rpm and 2,800rpm providing ample performance both on and off road, and fuel economy of up to 37.7 mpg on the Combined Cycle*. The vehicle has very good levels of NVH (noise, vibration and harshness) and comes with on-demand 4-wheel drive, a full 1 tonne payload and a towing capability of up to 2.7 tonnes.

A real workhorse, the pick-up features a large, flat rear deck giving a 2.04m² load area to take a Euro pallet, and fitted with load deck liner and anchor points. A range of optional rigid hard tops to provide weather protection and security to the load area is also available.

Also and unusually for the segment, the SsangYong Korando Sports also features a live rear axle supported by a sophisticated multi-link rear suspension system with progressive coil springs to give a comfortable, car like ride, instead of the more dated leaf springs employed on many other pick-ups.

Three models - S, SX & EX

In addition to DMZ there are three models to choose from. The S is the lowest priced double cab pick-up on the market at just

£14,495 (ex VAT). The SX is a step up and extremely well equipped with 18" alloy wheels, tinted glass, air conditioning, leather covered steering wheel, remote central locking, an MP3 CD & RDS radio with a USB & auxiliary port and Bluetooth connectivity as well as speed sensitive power assisted steering. The Korando Sports SX costs £15,395 (ex VAT).

The EX also features 18" alloy wheels, and adds the luxury touch of leather upholstery with heated front seats, powered driver's seat, heated, electrically adjustable and power

folding door mirrors and rear parking sensors. A Mercedes-Benz 5 speed automatic transmission with cruise control is also available as an option. The EX with manual transmission is £16,995 (ex VAT), and with automatic transmission, £18,195 (ex VAT).

5 year limitless mileage warranty

As with all models in the SsangYong range, the new Korando Sports 1 tonne pick-up is covered by a 5 year limitless mileage warranty.

Designed to be totally transparent and give customers complete peace of mind, 'limitless' means just that:

not a maximum mileage condition that some brands impose in the small print.

All the major mechanical components are covered including wheel bearings, suspension joints and bushes, steering joints, shock absorbers and even the audio system. Wearable components such as clutch discs and brake friction materials which could have their life reduced by poor driving are covered for one year or 12,000 miles, and the battery and paintwork for three years.



▲ The new limited edition SsangYong Korando Sports DMZ



▲ SsangYong Korando Sports

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2005/05 SAAB 9-5 2.0 T VECTOR 5DR

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Arrangement Fee	£0.00
(usually payable in addition to the first monthly payment)	
Credit Arrangement Fee	£0.00
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Official Government Test Environmental Data. Fuel consumption figures mpg (litres/100km) and CO2 emissions (g/km). Vauxhall ADAM ROCKS 1.0i 115ps Start/Stop ecoFLEX: Urban: 46.3 (6.1), Extra-urban: 65.7 (4.3), Combined: 56.5 (5.0). CO2 emissions: 115g/km; Vauxhall ADAM GLAM 1.2i 70ps: Urban: 39.2 (7.2), Extra-urban: 65.7 (4.3), Combined: 53.5 (5.3). CO2 emissions: 115g/km.#

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Lanehouse Vauxhall makes sure kids have an 'eggs-ellent' time travelling over easter

LOCAL Vauxhall retailer, Lanehouse Vauxhall, with sites in Bridport and Weymouth is offering parents in Dorset a new way to keep their little ones amused on the road this Easter.

Long car journeys can be tough for young families in Dorset, with new research from Vauxhall Motors showing they can take a third (32%) longer when travelling with children. And, before even setting off, parents of kids under nine spend over half an hour (32 minutes) corralling the family into the car. This means that a four-hour drive will take approximately one hour and 16 minutes longer for parents with young children.

While parents in Dorset still make the most of classic car games, with the majority (59%) choosing eye spy as their preferred distraction, closely followed by sing-alongs (55%) and watching videos on a tablet or phone (50%), audio books also proved pop-

ular with one in five (21%) parents using them to keep kids happy in the backseat*.

To tackle boredom and help parents out while travelling, Dorset is offering a series of narrated stories on video, after Vauxhall teamed up with DJ, presenter and broadcaster, Edith Bowman.

Perfect for bedtime, afternoon naps or keeping little ones amused on long car journeys, the videos can be downloaded as audio or video, or streamed on car journeys through Vauxhall's in-car intelligence system, OnStar.

Based on popular stories written by children's author, Tracey Corderoy, and narrated by Edith Bowman, the three stories – Shifty McGifty and Slippery Sam, Shifty McGifty and Slippery Sam: The Cat Burglar and Hubble Bubble, Granny Trouble – from independent publisher Nosy Crow, were chosen for their popularity, and follow the exploits of two robber dogs who turn good, and a

very peculiar granny.

Narrator Edith Bowman comments: "Reading or listening to stories has always been something I've done with my kids from a very early age, both at home and on our travels. It's one of my favourite things to do as a parent, so being a bedtime storyteller was a dream for me. The idea is brilliant, using that time when kids are stuck in the car to entertain them, help them get some rest and give parents some peace!"

Dominic Avery, Company Director at Lanehouse Vauxhall, adds: "Vauxhall OnStar is a personal on-board assistant available across our vehicle range, offering Wi-Fi capability for up to seven devices, stolen vehicle assistance, automatic crash response and much more. Technology needs to enhance our customer's everyday lives and for us at Lanehouse Vauxhall, the little things like quiet, hassle-free car journeys with young children are worth every penny."

Vauxhall's Backseat Bedtime stories are available to view through the Vauxhall Motors website: www.vauxhall.co.uk/backseatbedtime

For further information on Vauxhall OnStar or any of the models at Vauxhall, please contact your local Lanehouse Vauxhall. Alternatively, go online to <http://www.lanehousevauxhall.co.uk/>.



▲ Edith Bowman reads for Vauxhall OnStar's Backseat Bedtime

*Top ten activities to keep children amused in the car:

1. Play Eye Spy (59%)
2. Sing-alongs (55%)
3. Watch videos on tablet or phone (50%)
4. Give them sweets (48%)
5. Play spot the red / yellow / blue car (45%)
6. Spot landmarks (35%)
7. Listen to audio books (21%)
8. Play the 'how long can you stay quiet for' game (16%)
9. Play 20 questions (12%)
10. Play 'In my suitcase' (6%)

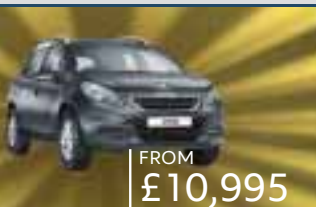
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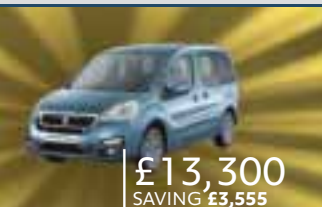
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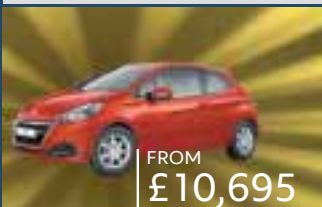
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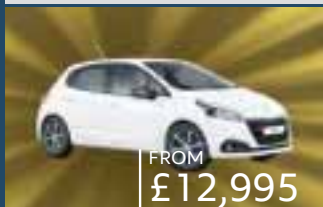
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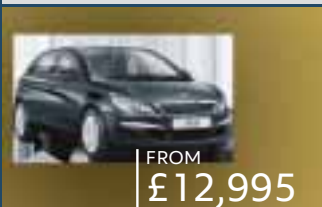
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Peugeot 308 5 Door 1.6 e-HDi 115 Feline (s/s)



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Vauxhall Motors reveals the paw-fect parking manoeuvre with #parallelbarking

IT SEEMS you really can teach an old dog new tricks, as this week Vauxhall Motors put its all-new Vauxhall Corsa in the hands of a capable canine to test its latest Advanced Park Assist technology.

Step aside Jeremy Clarkson and enter Gerty the Boxer, the star of Vauxhall's new #ParallelBarking video. The minute-long clip features the daring dog execute the paw-fect parallel park, with no human assistance, leaving passers-by on Wimble-

don High Street dumb-founded.

Sitting in the driver's seat of the red Vauxhall Corsa SE, Gerty shows off the advanced technology of the new easy parking feature – from how it detects a parking space to automatically computing the perfect manoeuvre into the slot – demonstrating that parallel parking can be a walk in the park.

Gerty said, "People are often worried, even scared of parallel parking, especially if you've just passed your test and driving in a busy, built-up area. Through my acting debut in the Corsa with Advanced Park Assist I've demonstrated how this technology can help you find a parking space and steer you into the spot. You'd be barking mad not to try it out."

Advanced Park Assist is now available as an optional extra in the all-new Vauxhall Corsa, available from £8,995. The new Vauxhall Corsa offers additional features including OnStar and a class-leading IntelliLink infotainment system.

To view #ParallelBarking, visit po.st/parallelbarking.



▲ Vauxhall's new #ParallelBarking video

SsangYong's Easter bunny bounces in with special spring savings

SSANGYONG Motor UK has announced special savings on particular vehicles in stock until the end of March across its range of Korean built SUVs, 4x4s and seven-seater Turismo MPV.

Savings of up to £1,500 are available on a Korando ELX4, £2,250 on a Turismo ES auto MPV, and £3,000 on a Rexton ELX auto 4x4. Selected Tivoli petrol and diesel models can save between £1,000 and

£1,250, and there is also up to £1,500 available on the Korando Sports EX auto pick-up.

"There are only so many chocolate eggs one can eat over Easter, so for those thinking about a new car, we thought the opportunity to get out and test drive a new SsangYong and benefit from savings of up to £3,000 might be a good alternative to sitting in traffic to the coast or wildlife park," says

Paul Williams, CEO of SsangYong Motor UK.

"SsangYong was the second fastest growing new car brand last year, and March looks like being our best ever month, so we're keen to maintain that momentum by sharing these special incentives with our customers.

"We have a great range of cars, and our dealers can talk to you about a wide range of purchase options available including PCPs," he added.



▲ SsangYong Tivoli SUV



▲ SsangYong Rexton 4x4



Harbour Bonfield Ltd

16 (65) FORD KUGA TITANIUM 2.0 TDCi, 180ps, 6 Speed Manual in Frozen White, AWD, Keyless Entry, Power Tailgate, Appearance Pack, Convenience Pack, Roof Rails, Sony DAB/Sat Nav, Rear Camera, 18" Alloys, Sync, Delivery miles only**£26,995**

16 (65) FORD FOCUS ESTATE ZETEC 1.5 TDCi, 120ps, in Magnetic Metallic, Sync 2/Sat Nav, Roof Rails, Reverse Park Sensors, Rear View Camera, Delivery miles only**£19,995**

13 (13) FORD C-MAX TITANIUM 1.0 Petrol in Micastone Met, 125ps, 5 Door MPV, Sony Radio/CD, Bluetooth, Cruise Control, Auto Lights/Wipers, Park Assist, Frt & Rear Park Sensors, Power Folding Mirrors, Power Button Start, Elec. Windows, Climate Control, Keyless Entry, One Local Owner, 13000 mile appx**£12,595**

14 (14) FORD B-MAX TITANIUM 1.6 TDCi in Frozen White, Alloys, Cruise Control, 14 Sync, Sony Radio/CD, Auto Headlamps, Auto Wipers, One Local Owner, 17000 miles appx**£11,695**

12 (12) FORD C-MAX TITANIUM 1.6 Ecoboost, 150 ps Petrol in Moondust Silver Metallic, MPV, Alloys, Radio/CD, A/C, Remote Central Locking One Local Owner, 19800 miles appx**£11,295**

12 (62) FORD FOCUS TITANIUM 1.0 Petrol, 125 ps, Ecoboost, 5 Door Hatchback in Candy Red Pearlescent, Alloys, A/C, Sony Radio/CD, Cruise Control, Sync (Bluetooth), Rear Park Sensors, Remote Central Locking, Locally Owned, 16000 miles appx**£10,695**

12 (62) FORD B-MAX TITANIUM 1.6 TDCi, 5 Door Hatchback in Copper Pulse, Alloys, Sony Radio/CD, Climate Control, Auto Headlights/Wipers, Cruise Control, Sync, Power Folding Mirrors, Power Button Start, USB, Locally Owned, 16200 miles appx**£10,595**

14 (14) FORD FOCUS ZETEC 1.0 Petrol, 5 Door Hatchback in Race Red, Alloys, Sync (Bluetooth), Rear Parking Sensors, A/C, Radio/CD, One Local Owner, 21300 miles appx**£10,495**

12 (12) FORD FIESTA METAL (Ltd Edition) 1.6 Petrol in Frozen White, 3 Door Hatchback, Black Alloys, Leather Upholstery, A/C, Radio/CD, Bluetooth, USB, One Local Owner, 14000 miles appx**£9,795**

13 (13) FORD FOCUS ZETEC 1.6 TDCi, 115 ps in Moondust Silver Met, 5 Door Hatchback, Bluetooth, Remote Central locking, Heated Frt. Screen, Radio/CD, A/C, Elec, Frt Mirrors, Frt. Fog Lights, One Local Owner, 33000 miles appx**£9,995**

11 (11) FORD FOCUS EDGE 1.6 Petrol, 5 Door Hatchback in Sea Grey Met. Bluetooth, A/C, Radio/CD, Elec Frt Windows, Elec adjustable mirrors, Remote Central Locking, Locally Owned, 21600 miles appx**£7,995**

10 (10) FORD FIESTA TITANIUM 1.6 Petrol in Squeeze Green, 5 Door Hatchback, Alloys, Radio/CD, A/C, Bluetooth, Power Folding Mirrors, Rear Parking Sensors, Cruise control, Auto Headlights, Locally Owned, 40000 miles appx**£7,295**

10 (10) FORD FOCUS TITANIUM 1.6 TDCi, 5 Door Hatchback in Caspian Blue, Keyless Entry, Powerstart, Alloys, Rear Park Sensors, Cruise Control, Sony Radio/CD, Auto Headlights, Heated Frt Seats, Locally Owned, 39800 miles appx**£7,295**

13 (63) FORD KA EDGE 1.2 Petrol in Crystal White, 3 Door Hatchback, Elect Frt Windows, Radio/CD, A/C, One Local Owner, 4300 miles appx**£5,995**

09 (58) FORD MONDEO TITANIUM X Sport, 2.0, 175ps, TDCi, 5 Door Hatchback in Panther Black, Alloys, Heated Seats, Cruise Control, Bluetooth, Climate Control, Auto Headlamps, Auto headlamps, Sony Radio/CD, Power Folding Mirrors, Locally Owned, 49000 miles appx**SOLD**

AUTOMATIC

09 (59) FORD FIESTA ZETEC 1.4 Petrol AUTOMATIC in Frozen White, 5 Door Hatchback, Radio/CD, A/C, Bluetooth, Frt & Rear Parking Sensors, Alloys, One Local Owner, 29000 miles appx**SOLD**

08 (58) FORD C-MAX ZETEC 2.0 TDCi AUTOMATIC in Panther Black Metallic, 5 Door MPV, Leather Upholstery, Heated Front Seats, Panoramic Roof, Frt & Rear Parking Sensors, Privacy Glass, Radio/CD, A/C, Alloys, Frt Fog Lights, Locally Owned, 85000 miles appx**£5,295**

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2007/57 VW CRAWTER 2.5 TDI CR30 SWB CREW CAB PANEL VAN, Manual, Diesel, Blue, 112,000 Miles, 13 Months Warranty, Full Service History, One Previous Owner, Full MOT, Warranted Mileage, Radio/CD, Remote central locking, Ply-lined, 6 seats.....**£4,999 NO VAT**



2006/55 FORD RANGER 2.5 TDDI REGULAR CAB PICKUP 4X2 2 DOOR, Manual, Diesel, Silver, 81,000 Miles, Next MOT due 01/02/2017, 13 Months Warranty, Good Service History, 2 Previous Owners, MOT Until Feb 2017 No Advisories, Warranted Mileage, Electric Windows.....**£4,495 NO VAT**



2008/58 VW TOURAN 1.9 TDI BLUE-MOTION TECH S 5 DOOR MPV, Manual, Diesel, Blue, 80,000 Miles, 13 Months Warranty, Full Service History, Full MOT, Warranted Mileage, Bluetooth Handsfree Kit Fitted, Air Conditioning - Semi Automatic, Cruise Control, CD Player.....**£6,495**



2008/08 NISSAN QASHQAI 1.5 DCI TEKNA 5 DOOR MPV, Manual, Diesel, Grey, 75,000 Miles, 13 Months Warranty, One Previous Owner, Good Service History, Full MOT, Warranted Mileage, Satellite Navigation, Climate Control, Cruise Control, Parking Aid, Seats Heated.....**£6,995**



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2008/58 MERCEDES-BENZ VITO 2.1 TD 111 CDI PANEL VAN, Manual, Diesel, White, 66,000 Miles, 13 Months Warranty, 2 Previous Owners, Full MOT, Warranted Mileage, 6 Speed, Radio/CD, Electric Windows, Bulk Head, Ply-lined, Twin Side Loading Doors, Remote Locking.....**£7,995 NO VAT**



2012/62 VOLKSWAGEN CRAWTER 2.0 CDTI CR35 LWB PANEL VAN, Manual, Diesel, White, 136,000 Miles, 13 Months Warranty, One Owner From New, Full Service History, Full MOT, Warranted Mileage, Excellent Condition Throughout.....**£7,750 + VAT**

PETROLS



2013/13 TOYOTA AYGO 1.0 VVT-I FIRE 5 DOOR HATCHBACK, Manual, Petrol, White, 23,000 Miles, 13 Months Warranty, Immaculate Example, Full Service History, One Previous Owner, Full MOT, Warranted Mileage, 14in Alloy Wheels, AM/FM Radio, CD Player with Aux In.....**£5,495**



2008/08 SEAT LEON 1.6 REFERENCE 5 DOOR HATCHBACK, Manual, Petrol, Grey, 90,000 Miles, 13 Months Warranty, Full Service History, One Previous Owner, Full MOT, Warranted Mileage, Air-Conditioning, Alarm, Alloy Wheels.....**£3,450**



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2009/58 MG TF 1.8 LE 500 2 DOOR CONVERTIBLE, Manual, Petrol, Grey, 27,000 Miles, 13 Months Warranty, One Owner From New, Immaculate Example, Full Service History, Full MOT, Warranted Mileage, 2 seats.....**£6,495**



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2007/56 VAUXHALL CORSA 1.4I 16V CLUB 3 DOOR HATCHBACK, Manual, Petrol, Silver, 63,000 Miles, 13 Months Warranty, Good Service History, Very Tidy Example, Full MOT, Warranted Mileage, CD Player, Air conditioning, Remote central locking, Electric windows.....**£2,995**



2013/62 VAUXHALL AGILA 1.2I ECOFLEX 16V SE 5 DOOR HATCHBACK, Manual, Petrol, Blue, 3,000 Miles, 13 Months Warranty, One Owner From New, Full Service History, Full MOT, Warranted Mileage, Air Conditioning, Alloy Wheels (15in), CD Player with MP3 Format.....**£6,495**



2008/08 SKODA FABIA 1.2 HTP 1 5 DOOR ESTATE, Manual, Petrol, Silver, 73,000 Miles, 13 Months Warranty, Full Service History, Full MOT, Warranted Mileage, In Car Entertainment (Radio/CD/MP3), Electric windows, Central Locking.....**£3,495**

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2001/Y AUDI A2 1.4 SE 5 DOOR HATCHBACK, Manual, Petrol, Black, 80,000 Miles, 13 Months Warranty, Full Service History, Full MOT, Warranted Mileage, Climate Control, Alarm, Alloy Wheels (16in), Electric Windows (Front/Rear).....**£2,250**



1999/V ROVER 75 2.0 CDTI CLUB 4 DOOR SALOON, Manual, Diesel, Blue, Next MOT due 17/09/2016, READY TO DRIVE AWAY, One Previous Owner, Warranted Mileage, Alarm, Electric Windows (Front), In Car Entertainment (Radio/Cassette).....**£999**



2005/55 VAUXHALL ASTRA 1.6I 16V CLUB 5 DOOR HATCHBACK, Manual, Petrol, Grey, 68,000 Miles, 13 Months Warranty, Full MOT, Part Service History, Fully Serviced On Sale, Warranted Mileage, Air Conditioning, Electrically Operated Front Windows.....**£2,495**



2002/52 TOYOTA AVENTIS 1.8 VVT-I GS 5 DOOR HATCHBACK, Manual, Petrol, Silver, 131,000 Miles, Next MOT due 26/09/2016, READY TO DRIVE AWAY, 3 Previous Owners, Warranted Mileage, Alarm, Computer, Electric Windows (Front), In Car Entertainment (Radio/CD).....**£799**



2000/V DAEWOO MATIZ 0.8 SE+ 5 DOOR HATCHBACK, Manual, Petrol, Red, 80,000 Miles, 13 Months Warranty, 2 Previous Owners, Full MOT, Warranted Mileage, Alloy Wheels (13in), Electric Windows (Front), In Car Entertainment (Radio/Cassette).....**£895**



2002/02 TOYOTA COROLLA 1.6 VVT-I T3 5 DOOR ESTATE, Manual, Petrol, Grey, 100,000 Miles, 13 Months Warranty, Full Service History, 3 Previous Owners, Full MOT, Warranted Mileage, Air-Conditioning, Alloy Wheels (15in), Electric Windows (Front), In Car Entertainment Radio/CD.....**£1,799**



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FUEL: Diesel
MILEAGE: 4000
COLOUR: BLUE

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DOORS: 5
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TRANS: Manual
FUEL: Diesel
MILEAGE: 4000
COLOUR: WHITE

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DOORS: 5
ENGINE SIZE: 1.6
TRANS: Manual
FUEL: Diesel
MILEAGE: 500
COLOUR: RED

FIAT 500X MULTIJET CROSS

£15,995



REG: 2015 (15)
DOORS: 5
ENGINE SIZE: 1.6
TRANS: Manual
FUEL: Diesel
MILEAGE: 6800
COLOUR: GREY

FIAT 500X MULTIAIR POP STAR

£13,995



REG: 2015 (15)
DOORS: 5
ENGINE SIZE: 1.4
TRANS: Manual
FUEL: Petrol
MILEAGE: 4500
COLOUR: GREEN

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REG: 2015 (15)
DOORS: 5
ENGINE SIZE: 1.6
TRANS: Manual
FUEL: Diesel
MILEAGE: 6500
COLOUR: BLUE

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REG: 2015 (15)
DOORS: 3
ENGINE SIZE: 1.2
TRANS: Manual
FUEL: Petrol
MILEAGE: 680
COLOUR: BEIGE/BUFF

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DOORS: 3
ENGINE SIZE: 1.2
TRANS: Manual
FUEL: Diesel
MILEAGE: 5000
COLOUR: WHITE

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FUEL: Petrol
MILEAGE: 3500
COLOUR: WHITE

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£12,995



REG: 2015 (65)
DOORS: 3
ENGINE SIZE: 0.9
TRANS: Manual
FUEL: Petrol
MILEAGE: 7900
COLOUR: PINK

FIAT 500 LOUNGE

£9,995



REG: 2015 (65)
DOORS: 3
ENGINE SIZE: 1.2
TRANS: Manual
FUEL: Petrol
MILEAGE: 11100
COLOUR: GREEN

FIAT 500L POP STAR

£10,995



REG: 2015 (65)
DOORS: 5
ENGINE SIZE: 1.4
TRANS: Manual
FUEL: Petrol
MILEAGE: 5000
COLOUR: METALLIC GREY

FIAT 500X MULTIJET CROSS PLUS

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REG: 2015 (65)
DOORS: 5
ENGINE SIZE: 2.0
TRANS: Automatic
FUEL: Diesel
MILEAGE: 6000
COLOUR: BLACK

FIAT PANDA TWINAIR LOUNGE

£9,995



REG: 2015 (65)
DOORS: 5
ENGINE SIZE: 0.9
TRANS: Manual
FUEL: Petrol
MILEAGE: 50
COLOUR: ALUMINIUM/SILVER

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REG: 2015 (65)
DOORS: 5
ENGINE SIZE: 0.9
TRANS: Automatic
FUEL: Petrol
MILEAGE: 5
COLOUR: ALUMINIUM/SILVER

FIAT PANDAEASY

£7,995



REG: 2015 (15)
DOORS: 5
ENGINE SIZE: 1.2
TRANS: Manual
FUEL: Petrol
MILEAGE: 4200
COLOUR: WHITE

MITSUBISHI L200 DI-D 4X4 WARRIOR LB DCB

£18,995



REG: 2015 (15)
DOORS: 5
ENGINE SIZE: 2.5
TRANS: Manual
FUEL: Diesel
MILEAGE: 7000
COLOUR: ALUMINIUM/SILVER

MITSUBISHI MIRAGE 3

£9,995



REG: 2015 (15)
DOORS: 5
ENGINE SIZE: 1.2
TRANS: Manual
FUEL: Petrol
MILEAGE: 4522
COLOUR: GREY

MITSUBISHI OUTLANDER DI-D GX 3

£28,495



REG: 2015 (65)
DOORS: 5
ENGINE SIZE: 2.3
TRANS: Automatic
FUEL: Diesel
MILEAGE: 1000
COLOUR: BLUE

MITSUBISHI ASX DI-D ZC-H

£21,495



REG: 2015 (65)
DOORS: 5
ENGINE SIZE: 1.6
TRANS: Manual
FUEL: Diesel
MILEAGE: 3000
COLOUR: ALUMINIUM/SILVER

MITSUBISHI MIRAGE 2

£8,995



REG: 2015 (15)
DOORS: 5
ENGINE SIZE: 1.2
TRANS: Manual
FUEL: Petrol
MILEAGE: 4500
COLOUR: BLACK

MITSUBISHI OUTLANDER DI-D GX 4S

£27,995



REG: 2015 (65)
DOORS: 5
ENGINE SIZE: 2.3
TRANS: Automatic
FUEL: Diesel
MILEAGE: 9300
COLOUR: WHITE

MITSUBISHI MIRAGE ATTIVO

£11,995



REG: 2015 (65)
DOORS: 5
ENGINE SIZE: 1.2
TRANS: Automatic
FUEL: Petrol
MILEAGE: 1600
COLOUR: BLUE

MITSUBISHI MIRAGE ATTIVO

£10,495



REG: 2015 (65)
DOORS: 5
ENGINE SIZE: 1.2
TRANS: Manual
FUEL: Petrol
MILEAGE: 26
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Redditch Utd	38	72
Poole Town	37	71
Leamington	37	68
Hungerford Town	39	67
Hitchin Town	38	67
Chippenham Town	39	66
WEYMOUTH	38	64
Kettering Town	36	60
Dunstable Town	37	56
King's Lynn Town	37	56
DORCHESTER TOWN	39	55
Biggleswade Town	39	53
Cirencester Town	39	53
Slough Town	39	51
Merthyr Town	38	50
Chesham Utd	36	50
Frome Town	38	46
St Neots Town	40	44
Stratford Town	36	43
Cambridge City	36	42
Histon	40	36
Paulton Rovers	38	32
Bedworth United	40	29
Bideford	36	24

Dorset Premier (32)	Pld	Pts
Shaftesbury Town	23	58
BALTI SPORTS	25	50
Merley Cobham	19	43
WEYMOUTH RES	23	42
Swanage & Herston	22	39
Hamworthy Res	16	38
Hamworthy Utd Res	25	38
Sherborne Town Res	20	33
Parley Sports	20	30
Westland Sports	24	28
Holt Utd	22	28
Mere Town	23	26
Wareham Rangers	23	21
Blandford Utd	24	21
BRIDPORT RES	20	18
South Cheriton Utd	25	17*
Cranborne	24	3

Dorset Senior (20)	Pld	Pts
Chickereil Utd	15	34
Witchampton Utd	14	29*
Dorchester Sports	15	26
Sturm Newton Utd	16	24
Gillingham Town Res	12	23
Westlands Sports Res	14	21
Corfe Mullen Utd	16	17
Piddletrenthide Spart	17	16
Poole Borough	18	15
Portland Utd Reserves	12	13
Blandford Utd Reserves	13	10

Dorset Div One (16)	Pld	Pts
Milborne Port	12	29
Boscombe Polonia	14	29
Wincanton Town Res	13	24
Dorchester Sports Res	14	20
Canford Utd	15	19
Shaftesbury Town Res	11	18
Swanage T & H Res	10	10
Gillingham Town A	12	6
Portland Town A	12	5

Dorset Div Two (24)	Pld	Pts
Broadstone	18	37
Chickereil Utd Res	13	32
Parley Sports Reserves	17	32
Corfe Castle	14	28
Mere Town Reserves	18	27
AFC Blandford	23	23
Tisbury	14	22
Puddletown	15	20
Wool & Winfrith	18	18
AFC Milborne	17	18
Wareham Rangers Res	15	14
Piddletrenthide Utd	18	10
Portsmouth Utd	15	7

Dorset Div Three (16)	Pld	Pts
Portland Utd Youth	12	34
Maiden Newton & Cat	15	24
Broadstone Reserves	15	19
Portland Town Res	13	18
Milborne Port Res	11	17
Sturm Newton Res	12	16
Stalbridge	14	16
Owermoigne	12	14
Hanwell Sports	14	9

Dorset Div Four (20)	Pld	Pts
Marnhull	15	37
Sturm Marshall Res	14	34
Donhead Utd	16	32
Pimperne Sports Soc	18	27
Portland Town A	14	23
UFC Poundbury	15	17
Corfe Mullen Utd Res	15	17
Kangaroos	16	16
Wool & Winfrith Res	13	16
South Cheriton Res	13	12
AFC Blandford Res	13	9

Dorset Div Five (14)	Pld	Pts
Portland Town B	19	45
Okeford Utd	13	35
Lytchett & Upton	15	27
Marnhull Reserves	15	25
Chickereil Utd Res	18	23
Corfe Castle Reserves	12	17
Crossways Spitfires	19	6
Wool & Winfrith A	15	5

Football round-up

Chickerell fight off Witches challenge

Terras squeeze past
dogged Robins

Bideford 0 Weymouth 2

Evostik Southern Premier - att; 153
WEYMOUTH kept up their pursuit of a Evo-Stik Southern Premier League play-off place with victory over a dogged Bideford side who only a week earlier had put a dent in local rivals Dorchester Town's own aspirations.

The hosts recorded only their fourth win of the season at The Avenue and were looking to continue their unbeaten three match run, but were beaten by two second half goals from Jordan Copp and Ben Thomson's last minute goal.

This was the Terras third consecutive win and keeps the pressure on the sides above them.

Bideford had only scored one goal in their last eight home matches, and never really looked like adding to that total, although they made it hard for the Terras.

The first effort of any significance from either side wasn't until Dean Evans, allowed a free shot at goal fired wide from 18 yards.

Ian Sampson's superb curling effort on the half hour was equally well dealt with by Jason Matthews who tipped his effort over the crossbar, in what was became a feisty first half.

The Terras struck on 54 minutes when Copp, looking suspiciously off-side, rolled the ball past Robins keeper Kyle Moore from George Rigg's well placed pass.

Thomson then raised the temperature again when he flattened Matt Andrew for which he rightly was given a yellow card.

The home midfielder almost got his revenge soon after, but his half volley just dipped over the bar on to the roof of the net.

Andrew and Kevin Squire then both had chances to play in better placed teammates, but instead went for glory and fired over and straight at Matthews respectively, before Billy Tucker curled a 25 yard shot just over.

Then in the 90th minute Thomson made sure of the points when again from a suspiciously offside position he cut in from the left before firing past Moore.

Terras toppled by Gale

Dorset Premier League

A SUPERB strike from the prolific Lee Gale and a Jamie Harris free-kick in the second half moved Shaftesbury Town one step closer the Dorset Premier League title with a 2-0 victory at WEYMOUTH RESERVES.

The Terras second string had their

chances but failed to convert and remain fourth in the table ahead of Saturday's trip to face midtablers Westland Sports (3pm ko).

BALTI SPORTS haven't given up the chase and remain on The Rockies coat tails after a 3-1 home win over Mere Town made it four victories on the spin.

Next up for Balti is Saturday's visit by third-placed Merley Cobhams Sports (3pm).

Dorset League Senior Division

CHICKERELL UNITED retained control at the top of the table after fighting off the challenge of second placed Witchampton United with a 1-1 draw. Warren White netted for the Chickens with Liam Cullen on target for the hosts.

Dorchester Sports stay in the top three thanks to a 3-2 win at Westland Sports. Sturminster Newton United stay fourth after a 2-0 win at Corfe Mullen United.

DORSET DIVISION ONE

BOSCOMBE Polonia missed a chance to move top they went down 3-2 at Shaftesbury Town Reserves Jamie Lever, David Cull and Mark Doble netted for the hosts.

Swanage Town & Herston moved further away from the drop zone with goals from Sam Peacock and Garan

Bennett in a 2-0 victory over Portland Town.

Wincanton Town Reserves stay in the top three following their 3-0 victory over Gillingham Town A with goals from Connor Fletcher, Daniel Costello and Ryan Smith.

DIVISION TWO

AN Aiden Carter hat-trick helped leaders Broadstone maintain their five-point advantage at the top with a 4-1 win against AFC Milborne.

CHICKERELL UNITED RESERVES, with five games in hand, are still in contention for the title after Josh Why, Oscar Priest and an own goal secured a 3-1 win against Tisbury.

Corfe Castle thrashed PORTESHAM United 7-0 with goals from Matt Suttle (2), Arran Brassington (2), Jack Hector, Ryan Norman and Alex Gousseau.

Wareham Rangers edged further from the foot of the table with a 4-3 win over visiting Puddletown.

The remaining game saw Wool & Winfrith and AFC Blandford battle out a 4-4 draw.

DIVISION THREE

PORTLAND UNITED YOUTH have become the first Dorset Saturday team to win their league title.

The silverware was assured with a comfortable 3-0 triumph at second-

placed MAIDEN NEWTON & CATTITOCK.

Broadstone Reserves moved up into the top three when they won 3-1 at PORTLAND TOWN RESERVES 3-1 with goals from Dave Elliott, Sam Clemence and Luke Bascombe.

DIVISION FOUR

LEADERS Marnhull maintained their three point cushion after a 3-1 win against PORTLAND TOWN A. Alex Counter scored the visitors' consolation.

Sturminster Marshall Reserves stop in second place after their 5-1 victory at Pimperne with the hosts' goal coming from Tom Haines.

Donhead United stay in third spot after their 3-0 win against their hosts AFC Blandford Reserves

Corfe Mullen moved up a place after their 2-0 win against UFC POUNDBURY with goals from Matt Light and James Davies.

DIVISION FIVE

TITLE favourites PORTLAND TOWN B maintained their 10 point lead after hammering Wool & Winfrith A 6-1.

Paul Cole helped himself to a hat-trick and there were singles from Tom Skelcher, Luke Barber and Dave Adkins.

Finally, second placed Okeford Utd won 2-0 at CHICKERELL UTD A 2-0.

Exciting close to indoor youth cricket leagues

ONCE again the gathered crowd witnessed cricket of the highest standard as the West Dorset Indoor League continued to provide thrilling matches and great entertainment at The Osprey Leisure Centre.

Weymouth U16 87-3 beat

Martinstown 84-2 by 3wks

WITH the mini series between these two sides standing at 3-2 in Weymouth's favour there was all to play for in their final encounter of the season.

Batting first, Martinstown found runs hard to come by against an accurate Weymouth attack with only 39 coming from the first six overs.

Joe James produced an excellent spell of 3-1-14-1 and, with Tom Chedzoy only conceding 12 runs from his three overs, the Martinstown batsman, led by a fine unbeaten 29 from Joe Kane, had to fight for every run.

Weymouth kept the pressure up with an outstanding display in the field and despite only taking two wickets limited Martinstown to a below par 84.

In reply, Martinstown's Will Maltby began with a maiden as they also bowled and fielded well making keeping a tight rein on the Weymouth batsman.

But Dominic Webb (27 no) and Joe Adkins (23 no) kept up with the required run rate up as the game built to a thrilling climax.

Martinstown never gave up and S.Breaks (3-0-23-2) removed both Alfrod and Chedzoy without either troubling the scorer. However, the returning Webb sealed victory, and a 4-2 series win, with a well-struck eight to the back wall with 12 balls to spare.

Martinstown 109-1 beat

Puddletown 108-2 by 5wks

UNBEATEN Martinstown clinched the under 12s title with a thrilling win over a battling Puddletown.

Batting first Puddletown, led by a well judged innings from Bradley Marsh (42 no), fought hard against a well drilled Martinstown who gave very little away in the field.

Bradley received good support from Fergus Dibble (22) but Martinstown continued to keep things tight in the field resulting in two classic

run outs as they restricted Puddletown to 108 at the close of the innings.

Chasing a moderate total Martinstown attacked from the start with excellent shot placement and superb running.

David Offer led the way with 25 not out well supported by David Lewis (18) as 52 runs came off the first four overs.

With the lose of Lewis and retirement of Offer Martinstown's Seb Gallego 36 not out and Angus Bradley 27 not out took over and punished anything wayward and with a succession of well placed shots sealing victory, and the title, with 22 balls to spare.

The under 14s title race remains wide open after the latest round of the West Dorset Indoor League at The Osprey Leisure Centre.

Weymouth U14 123-4 beat

Charlton Down 122-5 by 2wks

BATTING first, Charlton Down got off to a flyer with openers Henry Dipple (54) and Cameron Robinson (40 no) piling up 58 runs off the first four overs.

With these two retiring Weymouth slowed the run rate with the accurate Jack Taylor being the pick of their bowling returning excellent figures of 3-0-11-1 as the game balanced on a knife edge.

Two run outs, and a wicket for Ben Alfrod, looked to have put Weymouth in the ascendancy as the run rate slowed, however the returning openers batted with gusto as Charlton Down set Weymouth a challenging 123 for victory.

Weymouth's reply began badly with Alfrod (4) run out in the first over. However, Nathan Quinn (42 no) and Jack Taylor (16) repaired the damage with an excellent stand of 66 runs as they kept just ahead of the required run rate.

Taylor was dismissed by well judged catch from Harrington off the bowling of Dipple (3-0-32-2), Oliver Gordan was run out for 4 and Dipple took his second wicket as wicketkeeper Robinson took a smart catch.

With the game building to an exciting finish Quinn, in partnership with Billy Baker (36 no), punished anything short and saw Weymouth home with eight balls to spare.

Beaminster 169-4 beat



Bere Regis 80-4 by 89 runs

BEAMINSTER racked up 169-4 in an impressive display of attacking batting against a battling Bere Regis who never let their heads drop.

Beaminster lost Tom Kiddle cleaned bowled for a duck by Lewis Elliot (3-0-18-1). But a stand of 46 between Lewis Keenan and Fergus Rees (13) repaired the damage.

Bere Regis continued to battle and some fine fielding yielded three run-outs as Beaminster looked for quick runs.

Adam Moss (30 no) and James Page (38 no) pushed the score up to a challenging 169 as their impressive innings drew to a close.

Beaminster's soon struck with Jacob George run out for 2 and the classy James Page (3-0-10-1) clean bowling Tom Padgett for a duck as they looked to apply pressure from the start.

Bere Regis fought hard but never got on top of a fired up attack, but a stubborn innings of 32no from Edward Woodhouse and Louis Moore (14

no) gave their score a boost. But never looked like overhauling their target as Beaminster ran out worthy winners by 89 runs.

Beaminster 108-0 beat

Charlton Down 107-5 by 6wks

A FINE display in the field gave Beaminster their second victory of the day and kept them in contention for the title as they beat Charlton Down by 6 wks.

Beaminster didn't have it all there own way as a fine 27 from Harry Akerman set Beaminster an awkward total.

But the Beaminster's cruised to victory with four overs to spare with Adam Moss top scoring with 27 not out, well supported by Lewis Keenan (25no) and James Page (23no).

With these two wins Beaminster sit joint top of the league with Martinstown both teams having identical records as the competition enters it's final two weeks.

An eye on the Bees - Bridport FC

WITH STUART BROOM

Bees dismal run continues

Bridport 0 Longwell Green Sports 3

BRIDPORT'S dismal run continued on Saturday at St Mary's Field when they were beaten by lowly Longwell Green Sports.

The defeat means the Bees have only won once in 2016, having lost the other six, and has left manager Trevor Senior baffled by it.

"I can't put my finger on it, both the management and players are baffled. They seem to be able to raise their game against the better sides, but can't do it every time; they have played very well in the last two games against better sides.

"Also suspensions and injuries have hit us, and both Chris Clarke and Shane Evans were playing with injuries, and really need a rest."

He added: "To be fair to Longwell they are a workmanlike side, but they weren't great, but they got the points and our poor run continues.

Bridport started brightly. Blair had a shot on goal before Sports opened the scoring on 12 minutes with John McAlinden powerfully heading home a corner.

Jamie Beasley went close with one of his trademark pile driver cross shots that just missed the far post by a foot, and Matt Condliffe had his cross-cum-shot tipped over by the keeper.

Sports played the long ball game and harried Bridport, and despite the Bees more cultured approach they never really troubled the visiting keeper again in the first half.

The second half was much the same with Bridport coming out in determined mood. Beasley went close and skipper Chris Clarke saw another teasing swirling ball tipped over the crossbar, whilst Shane Evans rescued the Bees by clearing a shot off the line with Josh Hadley beaten.

late double conceded

Then in the final 11 minutes Sports scored two fortunate goals to secure them three valuable points in their fight against relegation.

Hayter made not only one but two superb block tackle on Connor Davies just inside the penalty area, and on each occasion the ball rebounded back to the same player, who with Hayter now grounded claimed third time lucky, by firing past Hadley.

Then in the third minute of added time a complete shanked effort at goal went at right angles to the unmarked Ross Beazer who had a clear shot on goal.

The Bees boss said: "Everybody contributed during parts of the game, but for some reason weren't consistent throughout. Tom Blair was the only excep-

tion, he did very well.

We just didn't manage to get into the game, and whilst Tom Richardson got more into it in the second half alongside Blair, we found it difficult.

"I felt sorry for Mark Salter who worked tirelessly up front without reward, and Ryan Dovell who also worked hard, whilst at the back Ryan Hayter was his reliable self, but we just couldn't find the spark."

Reflecting on the two late goals which gave an unfair reflection on the result Senior said: "When the ball doesn't bounce for you, the ball doesn't bounce for you. Both goals were unfortunate to say the least."

Lots of positives in Ressesies defeat

Holt United 3 Bridport Reserves 2 Dorset Premier Division

DESPITE defeat, Bridport Reserves manager Shaun Annetts claimed plenty of positives from his side's performance.

Their season has been decimated by the weather and apart from a game in mid-January they only got back to competitive action last week after three months absence when they drew 2-2 with Hamworthy United Reserves.

They have spent the time since Christmas working closely with the Bridport youth teams; part of the club's policy to integrate the town's youth into senior football; and that is starting to pay dividends.

Annetts said: "Since Christmas we've formed a very close relationship with the Under 16's which was always going to be the plan, and we have signed 11 of the team on.

"They train with us every Tuesday and we have a great relationship, and in every squad since the New Year, regardless of whether the game was ultimately postponed, I have included two or three of them."

Saturday was no different with three making their debuts for the club, whilst three others who progressed through the system were playing for the first time.

With Ashley Weeks having left the club, and Josh Hadley having stepped up to the first team, Annetts was short of a keeper and asked the versatile and loyal Jamie Fry to step between the sticks.

Unfortunately Fry, aggravated a long-standing hip problem which badly restricted his movement, and

despite a courageous display was unable to prevent the three Holt goals which normally have been meat and drink to him.

Annetts explained: "Jamie has a hip problem which is worse than we thought and seized up during the game. It severely hampered his movement, and with my decision to start with three at the back, it meant he was unable to sweep at the back as he normally would, and they got in behind us three times in the first half. That is no reflection on Jamie who once again gave his all, if I had known how bad it was I would not have played him, but he tried to help us out."

Bridport started much the better side and their dominance was rewarded on 15 minutes when Will Gape was fouled on the edge of the box, and Sam Day expertly curled the free kick around the wall into the bottom corner of the net.

However, 10 minutes later Holt equalised with the first of three similar goals, playing the ball in behind the back three with Fry unable to come out and clear, to take a 3-1 interval lead.

Playing with the slight slope and the breeze behind them Bridport dominated the second half with Fry a virtual spectator.

Rhys Hughes-Williams, making his debut, making a big impression, and he almost scored following a lovely turn and swivel, but his shot was superbly tipped away by the Holt keeper.

neat header

Playing good football on a difficult surface, Bridport pulled back a goal on 65 minutes when Jack Scovell, back from university, got on the end of a cross to glance a delicate header into the corner.

With Holt now on the back foot, Bridport stormed forward and hit the crossbar, struck the post twice and had another effort cleared off the line, but could not force an equaliser they more than merited.

Annetts concluded: "Despite being without five of our more experienced players missing, we could have won the game, and there were a lot of positives to take from the game, not least the young talent that is coming through.

Rhys played exceptionally well up front for 80 minutes. He linked up well with Josh Hunter playing alongside of him, and did the under 16s proud. He wasn't afraid to get his foot in and tackle, pressed the defenders and linked up well.

Two other lads, Callum Middleton and Jake Rowland both came off the bench and didn't look out of place either."

Squash

Promotion a possibility

AS the season reaches its climax, two of Bridport's squash teams are in a strong position to clinch promotion in the Dorset Squash League.

Bridport 1sts currently head Division Two with one game left to play. They have 220 points and lead by 16 from Two Riversmeet Leisure Centre 2nds who have one game in hand.

They meet their Christchurch rivals in their final game on Thursday, April 28th and with 20 points per match at stake, this could be the decider.

Bridport 3rds are also top of Division Four at present but, with two games to play, only have a 10-point lead over Canford 2nds who have a game in hand, and this is another situation that could go to the wire.

Bridport 2nds are third from bottom of Division Three and, having played more games than the two below them, need to pick up some heavy points to prevent being drawn into a relegation battle.

Bridport & West Dorset Golf

WITH PETER CROWTER

Improved weather brings good scores

Men's Section

IT WAS a cloudy with a cold wind on Sunday for the men's Stableford competition but there was a good turnout of 56 starters.

Despite the cold 21 players scored 36 points or more. The best nett scores were in Division Three where Tony Burwood led with 41 points and following him the next four players all carded 39.

Patrick Hart enjoyed a three-point lead in Division Two with 40 points and club captain Ian Kearley was among the prize-winners, coming third (after count-back with three others) with 36.

Thirty-nine points were enough to take Division One for Phil Winton and runner-up was Mike Savage with 38.

Results: Division One; 1st Phil Winton(11) 39 points. 2nd (acb) Mike Savage(9) 38. 3rd Dave Franks(10) 38.

Division Two; 1st Pat Hart(13) 40. 2nd Doug Miners(14) 37. 3rd (acb) Ian Kearley(13) 36.

Division Three; 1st Tony Burwood(22) 41. 2nd (acb) Derek Griggs(25) 39. 3rd (acb) Patrick Harper(20) 39. Burwood received a one shot handicap cut.

Veterans' Section

A FINE sunny day greeted the veterans' Thursday competition and 41 players took the field.

Some of the vets were playing in the first match of the season a 4-2 defeat away versus Taunton & Pickering, so this was a Self-Entry, Single Division Stableford.

After the modest scores of last week things



◆ CHOCFUL OF PRIZES: Lady Captain Pat Baldwin (in purple) surrounded by some of the Ladies who contributed to the Easter Egg Competition.

seem to be back to normal. The clear winner with a four-point cushion with 41 points was Colin Hore. Long time vets member Terry Kearley came home second after count back from Brian Fearon with 37.

Results: 1st Colin Hore(18) 41 points. 2nd (acb) Terry Kearley(22) 37. 3rd Brian Fearon(13) 37. 4th (acb) Bryan Holmes(19) 36. 5th Roy Gill(13) 36.

Hore received a two-shot handicap cut and Kearley a one-shot cut

Ladies' Section by Di Neal

The ladies played an Easter Egg Bowmaker in sunshine and no wind on Saturday and some good scores were recorded.

The winners with 75 points were Liz

Thompson, Sally Woolmington & Wendy Newton followed by Carole Brown, Avril Brown & Sue Winkle on 69. Third place went to Judy Walters, Pat Baldwin & Janie Dowling with 67.

Tuesday saw the same format and again conditions were lovely this time the winners with 69 points were Di Edwards, Jane White & Sandra March 67 points, second were Nicky Stone, Wendy Newton & Heather Boyle 65 and the last of the prize winners were Sally Woolmington, Madeline Skelly & Sue Pollock 64.

On both days the Ladies brought delicious Easter eggs which are being given to Dorset Young Carers, Pat Baldwin's charity this year.

Bowls

Dorch defeated

Bridport & West Dorset Indoor Club

BRIDPORT'S Mixed Friendly side played host to DORCHESTER and came out on top, winning 85-58.

David Jenkin, Beryl Stork, Roger Cowmeadow & Mary Hansford took the top rink award; a 4, 1, 4, 2 finish giving them a 28-12 win, whilst Lyn Sandall, Brian Parker, Pat Cowmeadow & Mike Craddock came from 8-9 down to win 21-14.

A three count on their final end saw Sylvia and Mike Fletcher, Mary Corfield & Mel Hargett win 19-15. Sandra Hargett, Nova Varney, Brian Baker & Peter Sandall fought back from 10-16 down to draw 17-17.

Pam Gray, Gerry Moss, Barbara Jenkins & David Aylott were Bridport's only winning rink against YEOVIL. They won 17-12, but Yeovil won the match 57-47 as the Fletcher's, Parker & Mel Hargett lost 17-19 and Sandra Hargett, Harry Gray, John Boxall & Keith Jenkins went down 13-26.

Lyme Regis Golf

Harry by a nose

IN THE final Winter League fixture Harry Harris came top with a well grafted 39 points to just finish one ahead of another good performance from George Yorke.

Simon Brown came in with 36 points to take 3rd place. The Ladies stableford proved to be a competitive affair with Division One headed by Sandra Shaw with 35 points just a point ahead of Jenny Scott and Diane Harris who finished 2nd and 3rd both on 34 points.

A gold star with the best score of the day belonged to Division Two winner Ronny Turner with 37 points to finish four clear of Jane Broom (33) and Kim Beauchamp 3rd with 31.

Successful race night

UPLYME Football Club held their annual Race Night at the Talbot Arms on Saturday.

The event was well attended and an excited house raised a total of just over £1200.

The Club lost a number of fixtures to the weather over the winter and are planning to carry out much needed drainage works to the pitch in the close season. The monies raised have provided a timely boost to Club funds.

The Club wish to express thanks to Race Sponsors: Graham White (Auto Whites), Gavin Fowler, Hook Farm Camping & Caravan Park, Andy Fowkes, The Salon Charmouth, Bill & Maggie Trundle, Charmouth Bakery, John Hall, Terry's Taxis, Steve Prendeville (Dent Devils), Sovereign Coaches, Andy & Teresa Cleere, Lyme Regis Amusement Arcade, Adrian Newbatt, The Talbot Arms and Scott & Rose Barton.

Bridport Skittles

UPCOMING cup fixtures

for week beginning

March 28th

Portman Handicap (R4)

Tuesday, March 29th

Rejects v Nelson Nobblers (9).

Wednesday, March 30th

Aussies Lot v Brandy Snaps (8).

Thursday, March 31st

Pioneers (20) v Originals.

Friday, April 1st

Hidden Talent (33) v L.H.S.

Cup Winners Cup SF

Tuesday, March 29th

BRIDPORT FC - Originals

(5) v Shipfaced.

Thursday, March 31st

BRADPOLE CLUB - Brandy Snaps (15) v Wanderers.

Nomination Cup Final

Wednesday, March 30th

LODERS ARMS - Wanderers v Rockets.

American football

WEST Dorset's American football team the Jurassic Coast Raptors' schedule for the 2016 season in the Southern Football Conference Division Two (W) is as follows;

Home games

(Played at Dorchester RFC - DT1 2HX)

May 22nd v Oxford

Jun 26th v Cornish

July 10th v Swindon

July 24th v Bristol

August 14th v Torbay

Away games

April 10th v Swindon

April 24th v Cornish

May 8th v Bristol

June 12th v Torbay

July 31st v Oxford



Bridport Darts

Division One	Pld	Pts
Rob's Robbers	17	29
Rubber Johns	19	29
BSC	16	26
Fleet Street Five	18	24
Nomads	17	20
Hands of Time	18	19
Nags Head A	17	13
It's in the Middle	18	13
Nod'n But Treble	18	8
Odds or Us	19	8
Young Darters	17	5

Division Two	Pld	Pts
Les Miserables	17	29
Elders	16	26
One for the Vikings	17	24
Respect-de-Bull	17	23
Dat Team	16	21
Anchor V Viewers	17	11
Otter Rotters	16	9
Poachers	16	8
Royal Hawks	15	6
Time Bombs	15	5

Division Three	Pld	Pts
Anchor Five	16	28
Tiger Bees	16	20
Flashes Fives	16	18
Mis Fits	17	18
No Direction	15	17
The Surgeons	16	16
Midnight Runners	16	16
Only Just	16	14
3 Become 1	16	12
The Royal Nuts	16	1

Division Four	Pld	Pts
Dart Vaders	15	27
Wicked Team Name	17	23
The Nameless	16	22
Whamo	16	18
Dodgers	15	17
Odds & Sods	17	16
Thunder Birds AG	15	12
Sorted Odds	17	12
Mozzies Heroes	16	7
Ace of Clubs	16	6

Ladies Division 1	Pld	Pts
Anchor Aces	23	40
Arrows Awry	23	33
Tender Trap	23	32
Sue's Rebels	23	24
Clocking On	23	22
Queen Bees	23	18
Against the Odds	23	12
Castaways	23	3

Ladies Division 2	Pld	Pts
Queenies OTC	27	43
Up and Downers	25	34
Next Door	27	31
Wildcats	24	24
Good Mates	25	24
Wrong Bed	26	21
Anchors Aweigh	25	20
Charlie's Angels	25	18
Tiger Stripes	24	13

180s: D1 - M.Fisher x8, D2 - S.Crabb, A.Coutts & P.Rowley all x3, D3 - R.Hayter & S.West both x2, D4 - A.Page (Wicket TN) x3, LD1 - S.James x2, LD2 - T.Wayland (Wrong Bed) x1.

Lyme Darts

Table	Pld	Pts
Rousdon Club	19	38
Nags Head A	20	35
Rock Point	18	29
Nags Z	19	26
Four Play	20	25
Janners	19	20
Hunters Lodge	18	15
Talbot Arms	20	13
Royal Standard	17	10
Cobb Arms	19	9
Four's Company	20	4
Half an Octopus	17	2

180s leaders: C.Higgs (7), M.Barnett & T.Prowse (both 6), R.Cross (5), D.Herbert (4), A.Reid, T.Young & T.Peadon (all 3).

Send all your sports news, reports, fixtures and photos to; howard@pemedial.co.uk

Bridport Rugby

Revenge is sweet for rampant Blues

Bridport 37 Dorchester 3

AFTER Bridport's agonising 24-22 defeat away at Dorchester back in December, having led 22-0 at half time, there was plenty at stake for the home side.

With a large and partisan crowd urging them on they were able to put the record straight, with an emphatic 37-3 victory, scoring six tries in the process.

Early exchanges set the tone of the match, as befits a local derby, but it was Bridport who opened the scoring with Dave Cutting getting over the line from a stolen Dorchester lineout. The kick came back off the posts.

The home side continued to press and Dorchester did well to repel a number of attacks, albeit at the cost of a yellow card. Down to 14 the visitors lost a scrum against the head in a vulnerable position and Ayo Fraser glided through to score under the posts. Ricky Stubbs added the conversion.

Dorchester's best chance of a score was snuffed out by a great covering tackle from Ali McNab, but in the resulting scramble Bridport incurred a yellow card for a high tackle, and from the penalty the visitors claimed what was to be their only points.

As the half came to an end Bridport's forwards were in the ascendancy and Dorchester on the back foot, conceding another penalty, kicked successfully by Stubbs to make the score 15-3.

The pattern continued in the second half with Dorchester losing a player to a straight red card and forced

to defend most of the time.

Another stolen lineout and another try from short range, this time courtesy of a determined Tim Edwards. The resulting kick was missed.

As a variation on a theme, the hosts set up a rolling maul from yet another lineout, from which James Tuck broke free to score virtually unchallenged.

As the visitors tired, Bridport's backs enjoyed more space and were rewarded with a sharply taken try from George Pearce, and a very well worked move led to a great score from McNab, the conversion added by Stubbs.

All in all a good day at the office for the home side.

Lychett Minster and Blandford v Bridport U10s

BRIDPORT took on Lychett Minster first and the young Blues started strongly with new recruit Benji Lopez Garcia opening his account with a well taken try.

Patrick May supplied the second and good support play led to the third via Mali Titcombe James.

Charles Edwards set up Luke O'Neil with an excellent pass for the fourth, Charlie Brake ripped the ball from his opposite number to touch down the fifth and Edwards stormed down the touchline for the sixth try.

Abi Alner put the icing on the cake with a delightful dummy and a try in the corner.

In truth the opposition were not strong and Bridport were culpable of some lacklustre tackling, allowing Ly-

chett two rather soft tries in return.

This pattern was repeated in the second game against a much stronger Blandford side where weak tackling gifted three tries to the opposition, making life harder than it needed to be.

Nevertheless Bridport fought back with a try from Edwards and another from O'Neil. Then in the dying seconds Edwards secured the equaliser with a great individual effort to save the blushes of his teammates.

Despite the defensive lapses there was plenty to applaud, with useful contributions from all the players.

Abi Alner was Player of the Day.

D&W D2 (S)	Pld	+/	Pts
Yeovil	19	753	91
Bournemouth III	19	542	82
WEYMOUTH & PORT'ND	19	319	79
New Milton II	19	389	70
BRIDPORT	19	79	53
Wheatshaf Cabin Crew	19	-127	42
PUDDLETOWN	19	-250	27
Ellingham & Ringwood II	19	-161	25
North Dorset III	19	-192	23
DORCHESTER II	19	-337	23
Poole	19	-554	20
Fordingbridge II	19	-461	-11

Two wins for Woodroffe

THE Woodroffe School Under 13 girls cricket team recently took part in the Dorset County Indoor finals at Canford School.

The tournament was played on a knock-out basis and the team faced a tough opening game against **Bournemouth School for Girls**.

Asked to bat first the Trafford twins delivered an opening partnership of 22 before Evie was run out. Rose remained not out on 24.

Emily Wright also contributed to a final team score of 76 from the allocated eight overs with a fine knock of 17 which included two sixes.

Rose opened the bowling and had a wicket in her first over but the other bowlers struggled until Frankie Steed took two wickets.

But it was a little too late and BSG passed the total with three wickets to spare.



◆ HOWZAT: The Woodroffe Girls U13 team

Playing in a first round losers match the team then defeated the Bournemouth-based **Leaf Academy** by 80 runs.

Rose again topped scored with 20 and well supported by Rachel Dowding (19). The opposition were dismissed for just 35.

The girls then played **Shaftesbury School** and scored a massive 134. Evie 24 not out, and Imogen Waterhouse 20 in-

cluding two sixes were the top scorers. Shaftesbury was restricted to 63 all out.

The result gave the girls a fifth place finish based on the unorthodox way in which the tournament was organised, but the team can be pleased with their efforts. There will be more cricket sessions for girls at Uplyme Cricket Club on Saturday mornings from April 16th from 9.30 to 11am. All girls are welcome.

Hard work pays off

HARD work and enthusiasm throughout the years paid off for Parrett & Axe as their teams won both the A and B team cups in the third and final round of the West Dorset Primary School Cross Country Championships held at

The Sir John Colfox Academy last week.

The relay competition saw 34 team's from ten schools comprising two boys and two girls completing over two laps, a total of 1600m.

The Mosterton School

consistently enter more runners than any other school in the area; showing the pupils enthusiasm for the sport; and their A team sped home just seconds ahead of Symonds-bury A, with St Catherine's A third.



◆ WINNING DOUBLE: The Parrett & Axe B team of Jake Smith, Amelie Bailey, Kiana Earlam and Ashton Coleman, Mrs Jayne Harris, and their A team colleagues; Roisin Murphy, Katie Evans, Guy Scarborough and Seth Hall-Nunn.

Lyme Regis gigs raising their game for 2016

LYME Regis Gig Club took part in their first race of 2016 at Saltash, recently.

The Caradon Gig Club hosted their annual 'Three Rivers' endurance race - a six-mile, figure of eight course starting at the iconic Tamar Bridge.

From here the race headed up river in less than favourable conditions to the tributary of the river Tavy, where the course then turns down river, continuing under the bridge to the tributary of the river Lynher.

Rower then head back up to the finish line under the Tamar Bridge in perhaps, the most challenging part of the course.

This is a competition which draws the West country's finest crews including the reigning World Champions Falmouth and is generally seen as a precursor to the racing season ahead.

Lyme's Ladies and Men's

crews both showed they are more than capable of producing some fine results as all crews averaged an improvement of around three to four minutes on their respective times from last year.

Out of some 80 crews the Ladies A finished 30th overall with their B team coming in 51st. The Bs are a team of four ladies who had never competed in this race, and for one this was her first ever race.

The Men's crews also performed very well. The A crew finished 9th overall, and 7th in category, with the B crew crossing the line in 27th overall and 3rd in their category.

LRGC would like to thank the crew and staff at the Caradon Club for such a well organised event and to the Lyme Club's main sponsors, Otter Breweries for their continued support.



◆ A GOOD START: The Lyme Regis Ladies B team with Cox Toby Newson

Lyme Skittles

Wobblers toppled!

Results

(w/e March 19th)

Ladies; Hot Gossips 314 Wild Pins 332 (+BL), La Crème 266 (+BL) Generations 261, Smashers 314 (+BL) Rollercoasters 279, Just Us 284 (+BL) Wootton Wobblers 280

Men's; Roadrunners bt British Legion (+BL), Shakers 287 (+BL) Flyers

303, Tornadoes 328 No Hoppers 358 (+BL), Marksmen 330 Wreckers

324 (+BL), Rousdon Rebels 363 (+BL) Young Guns 334, Anthill Mob

305 Clueless 307 (+BL), President's Men (+BL) bt Miscellaneous (game given), Trappers 358

(+BL) Alleytwits 354. (+BL = Beer Leg winner.

Ladies	Pld	Pts	BL
Wootton Wobblers	13	24	18
Smashers	13	15	18
Just Us	13	15	8
Wild Pins	12	14	14
Generations	13	10	14
Hot Gossips	13	9	14
La Crème	12	8	8
Rollercoasters	13	7	8

Mens Div One	Pld	Pts	BL
Marksmen	13	20	8
No Hoppers	10	18	10
Rousdon Rebels	13	16	12
Anthill Mob	14	12	18
Young Guns	13	12	16
Clueless	13	12	11
Wreckers	12	10	17
Tornadoes	14	8	13
Skippy's Six	12	6	9

Mens Div Two	Pld	Pts	BL
Flyers	13	24	18
Trappers	13	19	17
Roadrunners	13	17	17
Alleytwits	13	14	17
President's Men	13	10	13
British Legion	13	8	10
Miscellaneous	13	8	4
Shakers	13	4	8

Lyme Cribbage

Results - March 14th:

Gerrard Arms 2 New Inn Kilm B 3, New Inn Kilm A 3 Old Inn Kilm 2, Ship Inn LR 2 Royal Oak 3, Ax Inn 1 Nags Head 4, Stepps 2 Talbot Arms 3, Lambs Swans 2 Ax Con Club 3.

Beer League: Gerrard Arms 2 New Inn Kilm B 1, New Inn Kilm A 3 Old Inn Kilm 0, Ship Inn LR 1 Royal Oak 2, Ax Inn 2 Nags Head 1, Stepps 1 Talbot Arms 2, Lambs Swans 2 Ax Con Club 1.

Final table	Pld	Pts
Gerrard Arms	24	69
Lamb Swans	24	69
Axminster Con Club	24	68
Stepps	24	65
Nags Head	24	64
Beer Club	24	63
New Inn Kilm A	24	62
Ship Inn LR	24	59
Royal Oak	24	57
Old Inn Kilm	24	56
Axminster Inn	24	51
Talbot Arms	24	50
New Inn Kilm B	24	47

Beer League	Pld	Pts
Axminster Con Club	24	47
New Inn Kilm A	24	41
Royal Oak	24	41
Gerrard Arms	24	40
Talbot Arms	24	39
New Inn Kilm B	24	36
Lamb Swans	24	35
Axminster Inn	24	34
Stepps	24	33
Ship Inn LR	24	31
Beer Club	24	31
Old Inn Kilm	24	30
Nags Head	24	30

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INSIDE: Local sport round-up

Crittenden pleased with Magpies response

DORCHESTER Town assistant manager Nick Crittenden was pleased with his side's response after they were beaten for the second time in four days by promotion hopefuls Leamington.

The Magpies had given a poor performance on the road, and it looked like it would be difficult in the return fixture at The Avenue on Saturday with six regular squad members missing through illness which had spread through the club.

However they gave a much better account of themselves, and despite losing by a single Sam Austin first half goal received praise from Crittenden.

"We put up a much better fight than we did on Tuesday night. We knew their threats and I thought we annulled them better, although their number 11

scored, with their only real chance and that was the one bit of quality they had.

"It was a difficult game in difficult conditions and whilst we didn't create much ourselves we were unlucky not to get a point.

"There was a lot more fight and resilience especially with Mark (Jermyn) back in, and we showed a lot of character.

"They are a big, strong well organised unit and look like they will be strong contenders for promotion this year, and the boys showed once again that they can compete with the top sides."

The defeat probably signals the end of Dorchester's hopes of a play-off place this season, but Crittenden said: "I told the lads afterwards that we want to be in their position next season, push-

**by Stuart Broom
stuart@pemediia.co.uk**

ing hard for promotion, but that we can't afford any more games like the first one at Leamington. We've had three or four this season which could have earned us another ten points and seen us in the position they are in.

"As it is, it looks like our season might dwindle out and it's disappointing following all the effort they have put in and threatened a run of games which would have pushed us up the league. It hasn't materialised and that's something we need to address."

He added: "Our Tuesday night form compared to our Saturday performance are league's apart. It's hard to put our finger on it but it certainly needs looking at

in depth."

With regards to the illness that has swept through the squad of players, Crittenden said: "It does seem connected. Luke Holmes and Frankie Clarke have been told to stay away, whilst a lot of others have been affected with high temperatures akin to a virus.

"Fortunately we don't have a game until Saturday so that should give everyone time to recover.

"We have missed the likes of Frankie and Luke and Chris Dillon and Jem; they are big players for us; but we put up a good fight and everyone put in a good shift.

Crittenden was once again full of praise for Henry Lander who has joined until the end of the season.

"He's shown a good attitude,

and has done very well, and stepping up from academy football to first team standard at any level is difficult but he more than holds his own, and will hold him in good stead for the future.

"If he can go and get a professional contract somewhere then good on him, but if he doesn't get what he wants we would be happy to take him in."

The former Yeovil and Chelsea midfielder was also pleased with Toby Holmes contribution.

"When he joined us he told Jem and I that he couldn't head a ball, but he wins more than his share, and both of us and Stuart Heath are all very pleased with his contribution.

"He's very direct which is an asset with his speed, we think he will score more goals as he grows in confidence."



◆ **DEFEAT:** But player-manager Mark Jermyn (back) returned to the line-up to add some resilience.

Photo by STUART BROOM

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